

Mountaineer

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Thrift Savings Plan offers tax benefits, matching funds for critical jobs

Army News Services

The Army's Thrift Savings Plan is now offering matching funds to new recruits willing to fill critical job specialties within the Army as part of a pilot program that runs to Sept. 30.

All nonprior service enlistees who elect to serve five or more years on active duty in a critical specialty designated by the Secretary of the Army will receive matching funds on the first 5 percent of pay contributed from each pay period during their initial enlistment term.

The first 3 percent of pay that is contributed will be matched dollar for dollar, and the remaining 2 percent will be matched at 50 cents on the dollar.

Only those who sign up during the recruitment process and make regular contributions into their TSP account will receive the matching funds.

This incentive is only one part of a new campaign to increase enrollment in the TSP program, Army officials stress.

The TSP is a government-sponsored savings and investment

program that offers tax-deferred opportunities similar to the civilian sector's 401(k) plan.

All Soldiers have the opportunity to participate in TSP.

Following this pilot test, using matching-funds incentives for recruitment will be studied with the possibility of making it a more permanent part of the Army's recruitment policies.

Currently, Soldiers can elect to contribute any percentage from their basic pay, incentive, special or bonus pay up to the Internal Revenue Service annual tax-deferred limit of \$15,000.

A Soldier pays no taxes on this money until it's withdrawn.

A special feature of TSP is that money contributed while in a combat zone will never be taxed, even if it is withdrawn out of the account early.

The only taxes paid on combat-zone contributions are on the earnings, rather than the balance.

Editor's note: For more information on TSP, visit the Web site at www.tsp.gov. The Federal Retirement Thrift Investment Board administers the Thrift Savings Plan.



Photo by Master Sgt. Dennis Beebe

A bid farewell

Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, right, presents Brig. Gen. Terry Wolff, 7th Infantry Division and Fort Carson deputy commanding general, with a ceremonial pistol as part of Wolff's frocking and farewell ceremony Monday while Wolff's wife, Martha, looks on. Wolff will move on to be commander of Coalition Military Assistance Training Team, Multi-National Security Transition Command-Iraq, where he will help train the Iraqi Army in support of Operation Iraqi Freedom.

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Post information (719) 526-5811
Post weather hotline (719) 526-0096

MUST SEE



Viva Las Carson Casino Night.
See Pages 26-27.

Earth Day events grow

by Janine Hegeman

Fort Carson Earth Day coordinator

Continuing its long tradition of teaching environmental stewardship to future generations, the Fort Carson Directorate of Environmental Compliance and Management hosted its 18th annual Earth Day celebration. A variety of Earth Day-related activities were held April 14-20 on Fort Carson and at Hoehne School and Trinidad Middle school, two schools located near Fort Carson's Piñon Canyon Maneuver Site.

Using this year's Army Earth Day theme, "Sustain the Earth, Secure the Future," students created 1,585 entries for the recycled grocery bag contest. After the contest, the bags were returned to the post commissary for reuse, spreading the Earth Day message throughout the Fort Carson and

Colorado Springs community.

The poetry contest resulted in 980 entries.

The 1,558 students that attended the Earth Day education fair learned lessons on such subjects as water conservation, endangered species and wildlife awareness. Soldiers, community members and students volunteered to read "The Lorax" by Dr. Theodore Seuss to younger students in their classrooms. A total of 859 students participated in this environmentally-themed classic.

An increase in participation was noted in all activities — from 13.5 percent to 108 percent from 2005 attendance.

"This multifaceted program succeeded in providing a 'hands on'

See **Earth Day** on Page 4

Freedom isn't free, but sometimes lunch is

Commentary by Karen Linne
Public Affairs Office

A couple of Fridays ago my eyes were opened to the experiences of today's Soldier. Now mind you, several years ago I, too, was serving the nation as an active-duty, then later Reserve Soldier. But the times have changed.

I did my time, served proudly, but was never truly in harm's way, certainly never deployed and truthfully missed what nearly every Soldier today has: a combat patch. I never watched as one of my fallen comrades was laid to rest. I never once cried at a memorial service until that fateful Friday a few weeks past.

You see, I avoid funerals, wakes and memorial services. There's probably a bona fide psychological explanation for this. Mainly though, I hate to cry in public. So, since the Global War on Terror has begun, I've skipped every single memorial service.

It's a shame really that I hadn't gone to one until that Friday. Every Soldier deserves a packed memorial service, they earned at least that.

We're short-staffed here at the Public

Affairs Office, and someone needed to cover the memorial service of Sgt. Robert "Bobby" Clark who died tragically in a motorcycle accident shortly after returning from his tour of duty in Iraq with the 3rd Armored Cavalry Regiment.

I bit the bullet and went to the ceremony. I took my tissues and hunkered down as best I could in a pew at Soldiers' Memorial Chapel.

The chapel was standing-room-only. Amidst Clark's fellow Soldiers were members of the local Veterans of Foreign Wars motorcycle club, to which Clark had belonged.

I was seated amongst the leather-clad bikers, many of them still sporting their military hair styles of days gone by. I only hoped I could make it through the ceremony without any audible sobbing.

Not a chance. I watched the large screen in front while pictures of Bobby, his wife, children, family and friends flashed before the already deeply-saddened crowd. I willed myself not to make a fool of myself by blubbering while I thought of how the lives of his two small children and wife had been affected by his untimely loss.

I didn't know Sgt. Bobby Clark or his family. I'd never been touched by his life but I couldn't help mourn the loss of this great Soldier.

It wasn't until the staff sergeant, one of Clark's battle buddies, stood in front of this filled chapel and broke down that I knew there was no way I would leave with dry eyes. I wept. Others wept. There was sobbing. One thing was certain, no one left Soldiers' Memorial Chapel that Friday without feeling the magnitude of loss.

I knew then that the avoidance of memorial services and the like had been just

plain wrong on my part. For I know that freedom isn't free.

Although Clark didn't die in combat, many of his comrades of the 3rd ACR did. And I missed every single one of those services, on purpose.

Later that day, the office went out to lunch to farewell a couple of Soldiers who had served on the newspaper staff. The outgoing Soldiers, Sgt. Aimee Millham and her husband, Staff Sgt. Matt Millham, chose a local restaurant for the event. A group of 17 Public Affairs-related folks attended. We ate, we laughed, we had a good time ... but the best was yet to come.

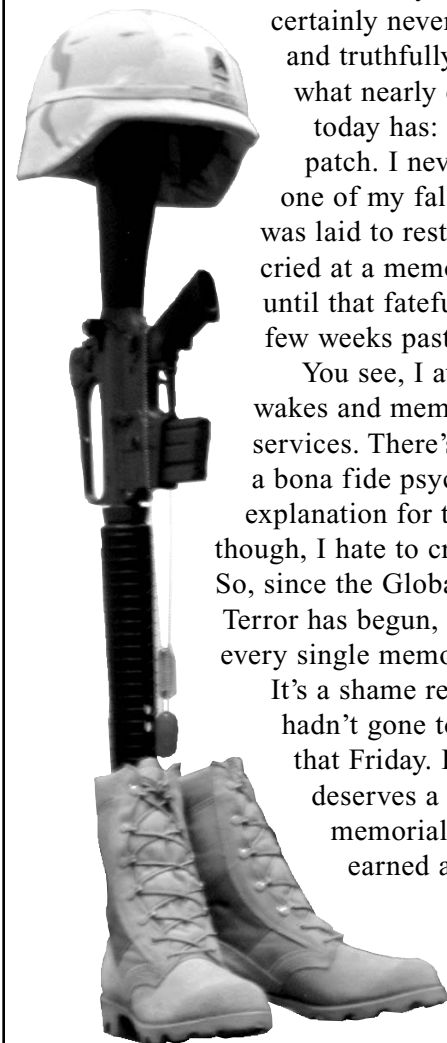
While waiting for our individual checks, the waiter approached me to say that another patron had paid for our lunch — all 17 of our lunches!

The customer, a woman dining with her grown daughter, wanted to thank "us" for serving our country. While the group was primarily Soldiers, there were several civilians and family members at our table.

In a way, we do all serve ... perhaps not toting a weapon overseas, but supporting those who do.

I'll never know who paid for our lunch that day. What I do know is that today's Soldiers earned that free lunch and anything else we can give to them. They deserve to know who supports them, that their sacrifices do not go unnoticed.

A special thank you to whoever paid our way that day ... and to the family and friends of Sgt. Bobby Clark and all others who have endured those memorial services, please forgive my ignorance and selfishness in not attending the celebration of their lives and their service.



POST TALK: Does the American public do enough to recognize Soldiers?



"As compared to previous military operations; yes, I do."

Fernando Ornelas
Lt. Col. (retired)
U.S. Army



"My experience has been nothing but positive. I met my future wife at our welcome home ceremony."

1st Lt. Ben Bowden
STB, 2nd ID



"I believe the American public as a whole has been extremely supportive of our military."

Sgt. Sean Harrington
1st Sqn, 3rd ACR

MOUNTAINEER

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NEWS

ACAP Online offers tailored transition assistance

Army News Services

ALEXANDRIA, Va. — The Army Career and Alumni Program has transformed its Web site to meet the changing needs of its various audiences.

With a modern look, the Web site now provides faster, more direct access to information through eight user paths, each tailored to a specific client population. The paths are Army leaders, active-component Soldiers, Reserve-component Soldiers, retirees, veterans, Department of Army civilians, family members and employers.

"We realized the need to reach the varied groups, and have changed our Web site to better accommodate those who are eligible for our transition services," said James T. Hoffman, ACAP director.

ACAP provides transition and employment-assistance services, helping users assess their abilities, create effective resumes, prepare for job interviews and more.

The active component path features a "personal coach" to help users who need guidance researching transition and job-assistance information. A new path for Army leaders also offers basic information about ACAP.

ACAP Online complements the 38 ACAP centers and 16 satellite offices worldwide that provide transition and employment-assistance services to more than 70,000 individuals each year.

"We think these changes will better accommodate the needs of our Army family and are excited to be able to better serve their needs," Hoffman said.

Humanitarian group helps Iraqi children get medical care

Army New Service

KUWAIT — Many Iraqi children suffer from war-related injuries or medical deficiencies.

The Humanitarian Operations Center public health team gets them the medical care they need.

Comprised of civil affairs Soldiers and Kuwaiti officials, the HOC works with the Iraqi Ministry of Health to get children and young adults medical treatment outside the country when it can't be provided in Iraqi hospitals.

The HOC was formed in 2003 to ensure humanitarian aid got into Iraq during hostilities. Since June 2005 it has facilitated more than 338 medical projects.

"This is routine in our mission, to help children and young adults who have either been injured in the war or born with abnormalities ... There is just no medical expertise here to conduct surgeries or medical care they need," said Lt. Col. Bernita Johnson, HOC public health officer.

Thirteen-year-old Gufron Gabar suffered severe burns to her face, neck and hands two years ago when the petroleum-filled heater she was carrying caught fire. Never having

been treated for the scars that followed, she will soon receive plastic and reconstructive surgery at Hilton Head Medical Center in South Carolina, thanks to HOC efforts.

"We (HOC) receive a request to help a particular patient find a sponsor who will provide medical care and also someone to provide transportation," Johnson said. "The patients can't afford these surgeries so we contact charities in the U.S. and around the world, letting them know there is a patient who needs the care and expertise they have available."

HOC also started a program in Kuwait, and the government has opened its hospitals to Iraqi patients.

To safeguard patients from continued violence in Iraq, HOC representatives pick up patients from the Iraqi border, register them for visas, and make sure they have food and hotel accommodations throughout the process.

HOC also ensures airline officials are aware of patients' medical needs during flights, and provides representatives who can assure patients remain in familiar, Islamic environments.

Earth Day

From Page 1

environmental ethic not only to the participating students, but to their friends, family and teachers,” said Tom Warren, director of Environmental Compliance and Management. “This ethic demands that individually and collectively we live thoughtfully on this planet. We must recycle and conserve our natural resources at every opportunity. We must minimize our adverse impacts and lastly, we must instill a lifelong appreciation for all the delicate offerings of this planet.”

Outside agencies including representatives from the Natural Resources Conservation Service, U.S. Fish and Wildlife Service, the Catamount Institute, Cheyenne Mountain Zoo and Colorado State Forestry Service assisted with the program.



Courtesy photo

Lt. Col. Richard Williams, garrison executive officer, and Mountaininside Elementary School second grader, Michelle Collins, plant a tree April 18 during Fort Carson's Arbor/Earth Day events at the Elkhorn Conference Center. The tree planting was part of a ceremony where Fort Carson received its fourth Growth Award and 20th consecutive year designation as Tree City USA from the Arbor Day Foundation.

HOC

From Page 3

“Families open their homes to the patients and help in every way possible, often with financial donations or providing lodging to defray the costs,” Johnson said. “They provide a place to live while the patient is undergoing treatment and recovering from surgeries, such as Gufron, who is going to have several surgeries and treatments.”

HOC follows each case through the treatment cycle.

“It’s always so wonderful to see the children come back after their surgeries. They are well and happy whereas they were sickly when they left,” Johnson said. “The word of our missions spread upon patients returning and we win over many people. It enables our Soldiers fighting the insurgency to be viewed as Americans who are willing to help.”

To help improve health care available in Iraq, HOC sends Iraqi physicians to learn procedures from American physicians and assists them in attending training conferences in other countries.

MILITARY

Warhorse facility houses, processes detainees

Story and photos by Sgt. Zach Mott

3rd Heavy Brigade Combat Team

BAQUBAH, Iraq — Detainees are captured almost daily in Iraq. Whether they are planning attacks, or actually carrying those attacks out against coalition and Iraqi security forces, they are typically sent to a Brigade Detainee Internment Facility like the one at Forward Operating Base Warhorse.

When the detainees arrive at the BDIF, they are processed, questioned and a determination is made whether to send them to a more permanent U.S. military facility, an Iraqi police facility or to release them.

Detainees can spend up to 14 days in the brigade facility before they are transferred to a theater facility or released, said Sgt. 1st Class Jeremy Edler, BDIF noncommissioned officer in charge, Headquarters and Headquarters Company, 3rd Special Troops Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division.

In-Processing

Detainees are brought to the BDIF by units throughout the 3rd HBCT area of operations. Once they arrive at the Warhorse facility, paperwork is screened and each detainee is searched, entered into a worldwide database and given a thorough medical examination.

“When they first come in, we have one hour from that time to have a medic check them out,” Edler said.

Medical personnel search for any untreated injuries or illness and prescribe medicine. This screening is followed with twice daily medic visits during their stay.

After the medical processing they are allowed to shower before changing into an orange jumpsuit. All detainees wear the orange suit while they are at the facility.

After the detainees are in-processed, they are placed in a cell where they are given a blanket, mattress, two bottles of water, a Qur’an and prayer mat.

Special cells are allotted for juveniles and female detainees. Both groups are segregated from the general population in the facility for their protection and adherence to cultural sensitivities, according to Edler.

Respect

Detainees are accused of everything from conspiring against coalition and Iraqi security forces to conducting attacks against those same forces or Iraqi civilians. Exercising restraint when these individuals are brought into the facility is attributed to the professionalism of the Soldiers working there.

“We’ve got to treat them better than we treat ourselves,” Edler said. “It’s hard to do sometimes, but it’s just the way we are. It’s why we’re doing what we’re doing.”



A military policeman from 3rd Heavy Brigade Combat Team gives a detainee food at a Brigade Detainee Internment Facility in Iraq.

Daily life

Detainees are given three “Meal Alternative Regionally Customized” meals per day. These are bag meals that contain foods specific to religious considerations.

Military briefs

Miscellaneous

Field sanitation team certification — The 10th Combat Support Hospital will host a field sanitation team certification course May 15-19 at bldg 1187 from 9 a.m.-5 p.m. Space is limited. E-mail Leericka.Strong@carson.army.mil for details or enrollment.

Self-help weed control program — Army regulations require pesticide applicators on military installations be certified. Units who wish to participate in the self-help weed control program must have Soldiers trained in the proper handling, transport and application of herbicides.

Once an individual is trained, the Directorate of Environmental Compliance and Management can issue premixed herbicides in sprayers or Weed-n-Feed granular with spreaders. These items are for use in treating weeds around barracks, service, administrative areas and motor pools.

Training sessions begin Wednesday and will be held Wednesdays from 10-11 a.m. through October at bldg 3711. Units may send up to five people for training. Additional personnel can be certified, but must be preapproved through unit commanders and DECAM. Equipment and materials may be picked up and returned to bldg 3708 Monday-Friday between 7:30 a.m.-noon. For more information call 526-5141.

Officer Candidate School board changes — The next Department of the Army Board for OCS will be conducted July 17. Soldiers wishing to be considered by this board must pick up an application packet at the 502nd Personnel Services Battalion, Personnel Action Branch, bldg 1118, room 208, as soon as possible. Turn in the original application packet plus two copies at the Personnel Action Branch no later than 4 p.m. May 15. Soldiers must appear before the local OCS board at the Elkhorn Conference Center May 22-23 from 7 a.m. to 5 p.m. For more information contact Darlene Roberts or Kathy Mihm at 526-2115/6481.

Female sexual abuse survivors — A group for active-duty female sexual abuse survivors meets Thursdays at Evans Army Community Hospital's Behavioral Health section. Call 526-7177 and ask for Dr. Kay Beaulieu for more information.

Learning Resource Center offerings — The Learning Resource Center, located in the Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-8 p.m. Friday 9 a.m.-5 p.m. and Saturday 10 a.m.-3 p.m. For more information call the Learning Resource Center at 526-4058/8077.

DPW services — Do you know who to call when a windstorm causes damage to your facility, overflows a portable latrine or when trash containers are overflowing? The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — LB&B service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.

- Elevator maintenance — Call Larry Haack at 526-6669.
 - Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.
 - Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
 - Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
 - Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.
- Please note the above phone numbers and POCs do not apply to family housing facilities.

CIF Hours

- Regular business hours**
Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m.-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30 a.m.-11:30 a.m.
- Initial issues**
Mondays through Fridays from 7:30-11:30 a.m.
- Partial issues**
Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.
- Cash sales/report of survey**
Mondays through Thursdays from 7:30-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30-11:30 a.m.
- Direct exchange**
Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.
- Partial turn-ins**
Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.
- Full turn-ins**
Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays call 526-3321.
- Unit issues and turn ins**
Call 526-6477/5512 for more information.

Hours of operation

- Education center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:
- Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.
- Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.
- Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.
- Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.
- eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.
- Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.
- Claims Division hours** — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m, closed Friday and federal and training holidays.

To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast),

11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Striker Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Post shuttle

The post shuttle runs from 8 a.m.-8 p.m. Monday through Friday, excluding holidays. The last pickup is at 6:57 p.m.

Here's a list of stops and times (expressed as minutes past the hour):

1. 43rd ASG barracks, bldg 756, :00-:30
2. * Welcome Center, bldg 1218, :02-:32
3. * MEDDAC barracks, bldg 1013, :04-:34
4. * SRP site, bldg 1042, :07-:37
5. Across from McKibben Gym, bldg 1049, :09-:39
6. Family Connection, bldg 1354, :11-:41
7. IG Office, bldg 1659, :13-:43
8. 3rd HBCT Hq, bldg 1852, :15-:45
9. Barracks, bldg 2060, :16-:46
10. * 2nd BCT Hq, bldg 2350, :17-:47
11. Barracks, bldg 2450, :16-:46
12. Reserve Training Center, bldg 3450, :21-:51
13. * Occupational Health, bldg 2059, :25-:55
14. * Outdoor Rec, bldg 2429, :28-:58
15. 10th SFG, bldg 7416, :34-:04
16. Golf course, bldg 7800, :39-:09
17. * Evans Hospital, bldg 7500, :43-:13
18. * Colorado Inn/Elkhorn, bldg 7301, :46-:16
19. * Main PX, bldg 6110, :49-:19
20. * Mini-mall, bldg 1510, :51-:21
21. * Army Community Service, bldg 1526, :53-:23
22. Xtreme's, bldg 1532, :55-:25
23. Lot across from HQ, bldg 1430, :57-:27

* These stops connect to a Metro City Bus link.

Briefings

Special Forces briefings — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

To meet the minimum requirements for Special Forces, Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical.

Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. All users of ACAP must know their Army Knowledge Online user name and password. ACAP preparation briefings are held Monday through Friday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m, bldg 1118, room 133. Call 526-1002 to schedule the briefing.

Teaming up ...

IA, IP and coalition forces defend against attacks

by **Sgt. Zach Mott**

3rd Heavy Brigade Combat Team

BUHRIZ, Iraq — Simultaneous attacks were staged at three Iraqi police stations as well as other locations in Diyala Province April 27.

The police stations in Buhriz, Muqdadiyah and Ramah were struck by insurgents at 2:30 p.m. while small arms fire was reported by elements of the 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, in other regions of the province at almost the same time. There was also an indirect fire attack at an Iraqi army outpost near Muqdadiyah and an Iraqi army headquarters was attacked in Dali Abbas during the surge in assaults.

These attacks were defended at first by the Iraqi police officers at the scene and they were soon augmented by Iraqi and U.S. Army Soldiers from nearby forward operating bases.

1-68 Combined Arms Battalion, 3rd HBCT, was one of the units that responded to the attacks. 1-68 CAB's, A Company was tasked to link up with an IA unit engaging three insurgents with small arms and rocket fire.

"The enemy knows that when we can clearly (identify) them they can expect no mercy from the IA and coalition forces," said Capt. Marc Beckage, commander, A Company, or "Attack Company."

Beckage's Scout Platoon was directed by an Iraqi army checkpoint to a location where insurgents

were suspected of firing mortars at Iraqi security forces. The platoon was able to find and detain a vehicle of insurgents who were filming and conducting part of the attack.

"The IA told the platoon the direction and distance of the mortars," Beckage said. "(The scouts) knew that the car and people were out of place by intuition and they caught the right guys."

In addition to the Iraqi army initiated tips, residents of the area were aiding the defense as well.

"The IA is from the local area. They know the people and they can be more precise in finding the insurgents," Beckage said.

With the tips pouring in and the joint efforts of the Iraqi security forces and the Iron Brigade's presence, the insurgents quickly found themselves outgunned in the battle.

"What I saw is the enemy basically lost the will to fight," Beckage said. "Once we found their position, it was pretty easy to shoot the enemy and we could see the rest of the enemy break contact."

Elsewhere on the multi-front clash, members of the 3rd HBCT Military Transition Team were rushing to defend their Iraqi brothers-in-arms.

"We drove over, picked up Gen. (Saman al) Talabani, the commander of the 2nd Brigade, and went with his (quick reaction force)," said Capt. John McFarlin, logistics advisor for the 2nd Brigade, 5th Iraqi Army Division MiTT.

The MiTT and IA force was slowed by

improvised explosive devices along the route and was subsequently attacked with small arms fire.

"We stopped ... shortly thereafter, some rounds landed just to the front and right of our vehicles," McFarlin said. "Then the rounds hit our vehicle, struck myself in the Kevlar."

McFarlin suffered no injuries from the AK-47 shot that was from an estimated 100 yards away. As he said, he simply got back up and returned fire.

With assistance from an air weapons team, many of the insurgents were killed as they attempted to flee the scene.

"I think this was ... a shoulder-to-shoulder fight (with) the IA, the IP and the coalition forces and it was an absolute stunning victory," McFarlin said.

In total, during the attacks 17 insurgents were killed, 28 insurgents were detained and three insurgents were wounded; four IPs were wounded, two IA soldiers were wounded and one IA soldier was killed. Also, two hostages were freed by an IA quick reaction force after insurgents fired on an IP patrol. Five 60 mm mortar tubes, two rocket-propelled grenade launchers, one flak vest, one IED detonator, two boxes of ammunition and one videotape were also confiscated during the defense missions.

"The end result is that the IA is better off for what they did," Beckage said. "They know they made a difference."

Helmet saves Soldier's life

Story by Sgt. Zach Mott

3rd Heavy Brigade Combat Team

BUHRIZ, Iraq — Testament to the life-saving ability of gear that is mandated for Soldiers to wear — Capt. John McFarlin owes his life to the Army Combat Helmet.

As McFarlin's unit, the 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers'

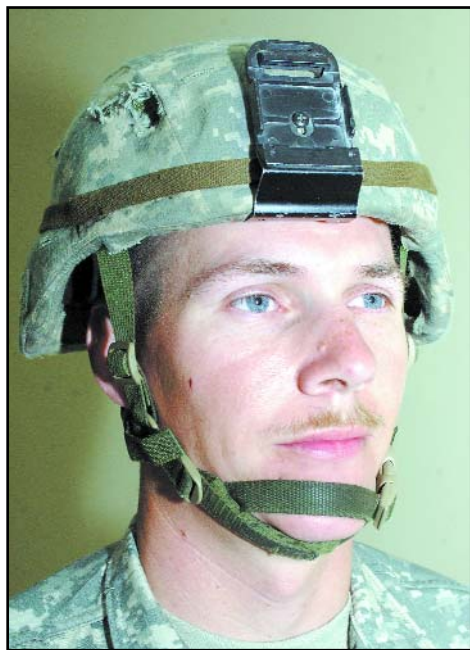


Photo by Staff Sgt. Sheryl Lawry
Capt. John McFarlin, 3rd Heavy Brigade Combat Team, displays the combat helmet that saved his life.

Military Transition Team who oversees the 2nd Brigade, 5th Iraqi Army Division, responded to attacks on an Iraqi police station in Buhriz recently, he was hit in the helmet with a shot from an AK-47. He was knocked down from his position in the turret briefly, but quickly manned his weapon system to return fire on the assailants.

"I was suppressed for a moment and then I got back up," he said. "What I thought was that I needed to get down and peek up and find a way to get some suppressive fire back down on the enemy."

Even a day after the attack, while McFarlin was still sporting the damaged helmet, he appears as unaffected now as he must have been when he had a brush with death.

"I knew that I was still awake, I was still alive, I didn't feel any pain," he said about his reaction.

While some see the gear Soldiers are required to wear as cumbersome, McFarlin touts the lifesaving ability of which he now has firsthand knowledge.

"Things are going to happen," he said. "You've got your equipment: you've got your (Interceptor Body Armor System), you've got your Kevlar and you've got your eye pro. (You need to) offer as little target as (possible) while doing your job."

Soldiers lend helping hand

by Spc. Courtney Pace

2nd Brigade Combat Team

While waiting for their unit to disband, members of Company B, 44th Engineer Battalion, 2nd Brigade Combat Team, spent time mingling with the local populace and helping nature at Garden of the Gods in Colorado Springs.

1st Lt. Bryan T. Taylor, Co B executive officer, said the idea came about while he was researching nonprofit groups his Soldiers could help.

"It allows (Soldiers), especially ones coming from Korea and Iraq, to be (out) in the community they now live in," he said.

Taylor said he chose to participate with the Rocky Mountain Field Institute, a local nonprofit organization that deals with wetland protection, natural area surveying and restoration.

"It's important so we can just give something back to the community that has been supportive (of the military)," he

said. "The job skills were simple skills, but it's a good chance to practice engineering."

Taylor said he took members of the company for a weeklong excursion that coincided with Earth Day where members of his company helped church groups and about 200 youth groups conduct erosion and restoration control at the South Canyon Springs picnic area of the park.

Soldiers cut dams into erosion ditches and Taylor said they had to carry buckets of rocks and sand up a hill as part of the job.

"It takes a lot of manpower to move (the material)," Taylor said.

Taylor's interest in volunteering stems from previous service projects he participated in back home in North Carolina.

"My favorite part was getting back to doing outdoor activities instead of doing paperwork which I had been doing more of," he said.

See **Engineers** on Page 10

BDIF

From Page 5

In the mornings a staff physician makes the first of his two daily visits. During this time, the detainees receive medicine and are thoroughly checked for any conditions that may require further care.

"They get really good medical treatment here," Edler said, "stuff that they would never get back in the real world."

During the day, detainees may be questioned to help determine where they will be sent after their stay at the Warhorse BDIF. Most of the day, however, is spent in their cell sleeping, praying or eating. They are provided one hour for daily exercise. No matter where they go, detainees are escorted when they are out of their cells.

"It's a really controlled environment. The only time they're out of their cells is when they're using the bathroom, getting showered or getting processed," Edler said. "Other than that, they're inside their cells unless they're getting screened by a doc."

Occasionally, detainees may be let out of their cells to clean the facility or to make improvements.

"All the cleaning that goes on inside the detention facility, from the hallways to the individual cells, is done by the detainees," Edler said. "Anything that's done to improve the facility is done by them."

Oversight

During each 12-hour shift, a guard force commander is the link between what happens at the facility and brigade headquarters. The commander ensures that detainees are properly cared for and that all relevant information is sent to higher headquarters regarding who is at the facility. "(I) keep track of the

detainees; I make sure everything is straight as far as the paperwork," said Sgt. John Santos, guard force commander from HHC, 3rd STB.

The sergeant of the guard ensures the Soldiers working in the facility are doing their job and are where they're supposed to be.

"It's (my) job to stay on (my) toes and make sure all the Soldiers keep working," Edler said. "I take pride in making sure everybody's in the spot where they're supposed to be doing the right thing."

Soldiers working at the BDIF received Arabic language training prior to deploying to Iraq to help ease the language barrier. Coupled with the knowledge Soldiers gain from the interpreters they work alongside, the Soldiers are able to communicate basic commands such as "stop," "kneel down," "hands on the wall," "turn," "walk," "hurry up," "get up" and "quit talking."

"Zero Tolerance"

After three years, the events that transpired at Abu Ghraib prison remain fresh in the minds of most when they think of the treatment of detainees. Soldiers at the Warhorse BDIF are cognizant of the need to treat detainees with dignity and respect to ensure they are properly brought to justice.

"We haven't had one (incident of abuse), nor will we have one," Edler said. "It's very important because it's a zero tolerance job. Any mistake we make in here has repercussions way beyond just me going away. It entails the whole chain of command."

Soldiers here strictly follow the established procedures no matter what is thrown at them and regular inspections and command oversight ensure everyone understands and maintains the standards.

"They're scared," Dammann says of the



A typical cell used to house detainees at the Brigade Detainee Internment Facility at Forward Operating Base Warhorse.

detainees. "(But,) this is like the Holiday Inn. We feed them, we give them water, we pick up their trash, we take them to the bathroom, we give them running water, we let them shower, we do all their badges, we do all the paperwork, they just stay here. They sleep (and) they pray when they're supposed to pray."

Engineers

From Page 8

Looking to the future, Taylor said he would like to participate in other projects and may choose to volunteer again with the Rocky Mountain Field Institute.

"Nothing is wrong with some of the other organizations, but this one does different projects in the state," Taylor said.

Spc. Jason R. Turner, combat engineer with Co B, said the experience is one he enjoyed due to being outdoors.

Turner said his favorite part was helping out with the environment. It was also a chance for members of the company to build camaraderie.

Turner said he would volunteer again.

"It's interesting to work with civilians," Turner said. "To see how they work. Going from Korea to Iraq, working with civilians is something I haven't done in awhile. It gives you a peek at civilian life and the civilians appreciated us helping them."

Action figure honors Pentagon Soldier

Army News Service

WASHINGTON — When insurgents attacked Sgt. Tommy Rieman's reconnaissance squad near the Abu Ghraib prison in Iraq Dec. 3, 2003, Rieman acted on his instincts as a leader.

With his convoy under heavy fire from rocket-propelled grenades, improvised explosive devices and small arms, Rieman used his own body as a shield to protect his gunner and returned fire. The Humvees the squad was traveling in did not have doors, so Rieman suffered two bullet wounds and 11 shrapnel wounds, and a Soldier in the rear vehicle lost his right leg.

Rieman directed the convoy off the road, out of the kill zone, only to be attacked by another, smaller group of insurgents. Rieman led his men to return fire, and the enemy's weapons were silenced. Rieman then called for a medical evacuation helicopter.

For his actions that day, Rieman was awarded a Silver Star in August 2004 at Fort Bragg, N.C. Two years later, Rieman, who is now an administrative assistant for the Army personnel office in the Pentagon, is being honored in another, unique way. He will soon be appearing on video-game screens and in toy

boxes around the country.

Rieman is among the first participants in the "America's Army: Real Heroes" program, which aims to honor Soldiers who have shown heroism in the war on terror. Participants will have their lives along with their military stories recounted in "America's Army," the Army's video game for personal computers and console-type systems.

In addition, the Soldiers' likenesses are also being made into plastic action figures.

"I think it's a great project," Rieman said. "It lets people know exactly what we're doing, and they can relate to that, because it's their sons and daughters and family and friends that are being deployed and doing these things every single day. And it's cool on my end, because I get to become an action figure and be put in a video game. Who can say that?"

The America's Army video game launched in 2002, and the Real Heroes participants are being added as extra characters in the game. Rieman said his character will probably be an instructor at a weapons range or possibly a recruiter showing off the Army's Class A uniform. The game will also recount Rieman's military history and his life.

The game isn't designed to allow

people to recreate the Real Heroes Soldiers' experiences in combat, Rieman said, but will tell their stories with the hope of inspiring others to greatness. The game has Army values and morals instilled, and is useful as a tool for young people trying to decide whether to join the military, he said.

"It's a developmental tool for kids in that decision-making age process," he said. "It's out there to educate them."

The action figures will be four to seven inches tall and will recreate each Soldier's uniform and gear the day he earned his award in combat, Rieman said.

Rieman and the other Soldiers recently traveled to Los Angeles, where their bodies were scanned and a rough mold of the action figures were made. Sculptors are finalizing the figures, which should be done by June, along with the revamped version of America's Army, Rieman said.

Rieman, who has a 7-month-old son and another child on the way, said he looks forward to the day he sees his son playing with his action figure.

"The coolest thing, for me, is to know that my son is going to look up at me in that figure," he said. "How many sons can look at their father and say, 'My dad's an action figure?'"

COMMUNITY

Avoiding the liquid-calorie trap

Seemingly healthy beverages add up

by 2nd Lt. Andrea Favreau

Walter Reed Army
Medical Center

Just take a minute and allow your mind to wander back to the first few hours of your day: you're unfocused, groggy and all you could think about was getting that frothy cup of sweetness.

Sounds all too familiar?

Did you know that your typical cup of specialty coffee with whipped cream delivers more than 500 calories to your body?

Many of the coffee drinks served at your neighborhood coffee joints are little more than coffee-flavored sugar and fat potions that will add as many calories as a meal. Nutritionally speaking, they're not that different from ice cream. You can order straight coffee without all the cream and sugar, if you want, and have yourself a drink that won't pack on the pounds. But that's not the way most people order their coffee. They want it sweetened up, fattened up and whipped up to create the most extreme taste experience.

Unfortunately, coffee isn't the only culprit in this world of liquid sugar. Carbonated soft drinks seem to be in first place as energy providers in the American diet. According to the Center for Science in the Public Interest, the soft-drink industry now makes enough soda to give every man, woman and child in America more than 50 gallons of soda a year. That's around a half million calories' worth of soda per person.

Soft drinks are a problem not only for what they contain, but for what they push out of the diet.

During the 1970s, children consumed more than twice as much milk as soft drinks, but by the 1990s, it had turned around — they were drinking twice as much soda as they were drinking milk. This reversal in consumption is linked with lower intake of nutrients such as calcium, iron, folic acid and zinc.

The same trend holds true for adults. Dr. Odilia Bermudez studied the reported diets of a large nationwide sample of American adults. Among respondents to the 1999-2000 National Health and Nutrition Examination Survey, more than two-thirds reported drinking enough soda or sweet drinks to

provide them with a greater proportion of their daily calories than other food.

Noncarbonated beverages, including fruit drinks, sports drinks, and the like, which are often promoted to be "healthier" than soda, are often not much better. Check the label before you buy fruit juice. It may contain only 2-10 percent real fruit juice. These beverages are simply loaded with sugar, either refined or unrefined. And the drinks that claim to contain 100 percent real fruit juice have just as many calories and may have the same negative effects on weight control and diabetes.

It's healthier to eat the fruit than to drink the juice. For example, a 12-ounce glass of juice, which is the juice of two or three oranges, has about 180 calories. But eating one orange will provide around 80 calories and it does more to fill you up.

Bermudez said she's hopeful that by helping to identify the main sources of excess energy in the American diet her work may contribute to the development of much-needed strategies to combat obesity in the American public. Her study found that people who regularly consume these drinks had a higher body mass index (the usual measure of obesity), than those who drank only water or milk.

Dieters may not realize how sugary beverages affect them, Bermudez said, because they most often focus on avoiding calorie-rich solid foods. Liquid calories tend to just be ignored in the total daily intake.

Another interesting fact to point out is that 50 years ago, the average size of a bottle of soda was six to eight ounces. If you saw one of these old-fashioned bottles today, you might would think it was made for a doll. A "small" soda now ranges from 12 ounces (in a can) to 16 or more ounces (in a



bottle) to 20 or more ounces (in a movie theater). And just about any convenience store will sell you a 64-ounce cup of soda.

Unfortunately, while portion sizes for soft drinks have gone up, our ability to metabolize them has not. What's more, some studies have suggested that liquid calories are harder to regulate than solid food. In other words, we can take in a lot more calories from beverages without feeling full than we could from say, a steak.

The question is this, what can you do? Here are some changes that can go a long way to help you keep out of the trap.

- Drink water, and more water. You should drink a minimum of six eight-ounce glasses of water per day. Water has no calories and is the best means to quench your thirst. Also, water can take the edge off your hunger and help fill you up. For more variety, add a squeeze of fresh lime or lemon juice, or buy flavored or carbonated brands.
- A small daily consumption of coffee and/or tea is fine, as long as you don't add lots of "extras" to your caffeinated

or decaffeinated beverage. Instead, add sugar substitute and fat-free creamer. Avoid the "designer drinks" you find at some coffee shops. These drinks are loaded with high amounts of sugar and fat. If you must have your latte, put cinnamon or other spices in it, which contribute no calories and taste delicious.

- With juice, look for those labels that say 100 percent and limit consumption to no more than 12 ounces per day. Many companies have also come out with "light" versions of your favorite juices so that "you can have your juice and drink it, too!" Try not to substitute juice for fresh fruits and vegetables, which contain fiber and other nutrients that you will not get from the liquid version.

The bottom line is this: eating food is more satisfying than drinking your calories. Those extra calories from drinks are often the difference between maintaining a healthy weight and becoming overweight. In addition to a healthy diet and regular physical activity, limiting how many calories you get from drinks can be helpful.

Community briefs

Miscellaneous

Fiesta with FCOSC — Fort Carson Officers' Spouses' Club presents, "Fiesta like there's no manana" May 17 from 6-9 p.m. at the Elkhorn Conference Center. Cost is \$15. There are two menu choices, shredded beef tacos or green chili chicken breast. R.S.V.P. no later than Thursday to 559-9315 or e-mail FC_OSC@yahoo.com.

Fiesta in the Park — Come to Fiesta in the Park Sunday from 10 a.m.-5 p.m. at Memorial Park, 1605 E. Pikes Peak Ave. There will be food and craft booths, a kids corner, car show and live entertainment.

FCOSC 2006 Scholarship winners — Congratulations to the 2006 Fort Carson Officers' Spouses' Club Scholarship winners. Spouse winners are: Gina DiNola; Kelsey Mercuri; Kathryn Looney; Kimberly Drown; and Honor McQuinn. High school senior winners include: Julious Grant; Jessica Sanchez; and Brittney Moore. Continuing education winners are: Katharine McMaster; Alexander Patton; Brandon O'Neill; Matthew Herring; and Emily Wade.

PT route changes — Beginning May 30, the installation physical training run route will move from Magrath Avenue to Minick Avenue and the tank trails. Minick Avenue and the tank trails will be closed to vehicular traffic from 6:30-7:30 a.m. Beginning May 30, Magrath Avenue will remain open for traffic during normal PT hours.

Teen Scene at EACH — Teenage mothers and moms to be are invited to a program beginning Wednesday at Evans Army Community Hospital. There will be "how to" classes, field trips and games. The group meets the second Wednesday of every month in the third floor conference room at EACH. For details call Rhonda Tulensa at 526-7030 or Carissa Sullivan at 526-7090.

Build-A-Bear for charity — Attend a Build-A-Bear Workshop May 20 at Chapel Hills Mall for Ronald McDonald House Charities. The event is part of the sixth annual Build-A-Bear Workshop Stuffed with Hugs charitable program. Guests are invited to make a special bear for free to be donated to Ronald McDonald House Charities. The first 200 people at the Chapel Hills Mall location will be allowed to create a bear for charity. The event starts at 10 a.m. Call 532-7265 for details.

Falcon Wanderers — The Falcon Wanderers Volksmarch Club of Colorado Springs is a nonprofit organization that promotes a healthy lifestyle through walking.

Each month the club conducts a Volkssporting event. Volkssporting is a family oriented, noncompetitive walk. The event is free and open to the public. The next event will be Saturday at Palmer Lake.

Starting at Palmer Lake Town Hall, the trail will lead participants through town and up to one of the lakes from which the town derives its name.

Begin any time from 8 a.m. to noon, walk at your own pace to finish no later than 3 p.m. Both five-kilometer and 10-kilometer routes are available. Call 540-8755, 591-8193 or 667-5662.

Defense Travel System — Defense Travel System training will be held May 18-25. Class sessions last three hours, and morning and afternoon classes are available.

Classes will be held at the Education Center, bldg 1117, room 203A. E-mail jerrie.smith@carson.army.mil for details.

5th Bn, 7th Cav reunion — The 5th Battalion, 7th Cavalry Association hosts its bi-annual reunion July 30-Aug. 6 in Colorado Springs at the Academy Hotel. For information call Garry Owen at 390-3684.

Soccer camp — A free soccer camp will be held July 7 from 8:30 a.m.-3:30 p.m. at the field

next to Forrest Fitness Center. The event is cosponsored by the Exceptional Family Member Program and the National Sports Center for the Disabled. Registration begins May 31.

The camp is open to all EFMP enrolled or qualified families. Preregister by calling 526-4590.

Home theater seminar — The Freedom Performing Arts Center will host a home theater seminar Saturday from noon-4 p.m. This seminar will aid consumers in purchasing the appropriate home theater and provide instructions on installation. For more information call 526-1867.

Fort Carson Restoration Advisory Board meeting — Fort Carson invites the public to learn about environmental restoration projects on post at quarterly Restoration Advisory Board meetings. The next meeting is Thursday at 6:30 p.m. at the Elkhorn Conference Center, bldg 7300. For more information call 526-8001.

Host an exchange student — Foundation for Intercultural Travel, a State Department designated exchange visitor program, is currently matching international students ages 15-18 with host families in the local area.

Families of all "types" are eligible to host, retirees to single parent families. Students arrive about one week before your school's start date and bring their own money for clothes, entertainment and miscellaneous expenses. They have their own medical insurance.

Host families agree to provide room and board and to include the student as a family member. All students speak English. For details call (877) 439-7862.

Risk Communication Workshop — An introductory risk communication workshop will be held Aug. 22-24 at Embassy Suites Hotel in downtown Colorado Springs. Register online for this event at <http://chppm-www.apgea.army.mil/risk> or e-mail Suquita.Perry@us.army.mil. Call (440) 436-4936 for more information.

YMCA Military Outreach — The YMCA located at 2190 Jet Wing Drive hosts a variety of family-oriented programs geared toward military families. For more information call Lorraine Thorson at 622-3564.

Free shipping supplies — The U.S. Postal Service is offering free mailing supplies to military spouses and family members. The kit includes enough supplies to send 15 packages, including tape and customs forms. To order call (800) 610-8734, press 0 for customer service and ask for "care kit."

Post Traumatic Stress help — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successively dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jetwing Drive. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

Post fitness center hours — Post fitness centers' hours have been adjusted. Hours of operation include:

- Forrest Fitness Center, bldg 1843 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.
- Garcia Physical Fitness Center, bldg 1856 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.
- Waller Physical Fitness Center, bldg 2357 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 3-10 p.m.
- McKibben Physical Fitness Center, bldg 1160



Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

Military spouses...stand tall, stand proud...we salute you, you are truly our unsung heroes.

Military Spouse Appreciation Day

Tuesday, 9 May

10:00 a.m. to 2:00 p.m.

Armed Services YMCA

2190 Jet Wing Dr., beside Sierra High School

Join us for **FREE** Hair Cuts, Cooking on a Budget, Massages, Fashion Show, Lunch, Crafts and Much More! Limited childcare available. Call (719) 622-9622 for reservations.





6 weeks of outdoor activities for children 18 months to 3 yrs

Every Thursday (1 Jun to 6 Jul)

10:00A.M. to 11:30A.M.

Iron Horse Park (Main Gazebo)

- Scavenger Hunts
- Home-made Bubble Fun
- Nature's
- Outdoor Learning Games

To register, call (719) 526-0306 between 8:00A.M. to 4:00P.M. or leave a message at (719) 526-6440.

Registration for this session ends on Friday, 26 May.



— Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 6 a.m.-3 p.m.

Modern Army Combatives Program — Fort Carson Soldiers and family members can learn combatives from 6-8 a.m. or 6-8 p.m. Monday-Friday. For more information including meeting locations call Capt. Shawn Wray at 330-8305.

Alcoholics Anonymous — Alcoholics Anonymous meetings are held at Soldiers' Memorial Chapel Wednesdays at 7 p.m. For more information call 322-9766.

Claims against the estate — Anyone having claims against or indebtedness to the estate of Master Sgt. Kevin Snyder, deceased, should contact Capt. Edward Williams at 524-1526.

• Anyone with claims against or indebtedness to the estate of Sgt. Robert L. Clark, deceased, should contact 1st Lt. Joseph Cosci at 526-6338.

Mother's Day brunch — The YMCA located at 2190 Jet Wing Drive will host a Mother's Day brunch May 21 from 11 a.m.-1 p.m. This event is for military moms and their families. The event is free.

Head Start seeks volunteers — Community Partnership for Child Development/Head Start needs bilingual volunteers fluent in Spanish and English to assist with Head Start enrollment events through August. Volunteers will escort Spanish speaking families through the enrollment event, assisting parents with paperwork, ensuring their questions are answered and assisting children as they receive free dental and medical exams.

Events are typically scheduled for afternoons, evenings and weekends, involve four to five hours of volunteer time and are held at locations in Colorado Springs. Call 635-1536, ext. 276.

Experience life, world that God provides

Commentary by Chap. (Lt. Col.)

Michael T. McEwen

1st Mobilization Brigade

As I looked at the schedule of opportunities to write this article, I noticed the date for May 5 was open. As one who has spent a good part of his life in the American Southwest, I am certainly aware of the Cinco de Mayo holiday celebrated by our Mexican-American sisters and brothers. I have had many exciting and fun times at various Cinco de Mayo festivals. The food, music and costumes have definitely added to the understanding I have of the Mexican-American culture. As I thought about this, a broader perspective came to mind.

As an Army brat who was born in Austria, started school in Japan and lived from coast to coast, I certainly have had exposure to different cultures. In my own Army career, I have been blessed with tours in Germany, Italy, the Caribbean, and all parts of the continental United States.

There has never been a place where I did not find stimulating and enriching experiences. I am not going to claim that every experience in every place was always positive, but I can honestly say that the good has far

out-weighed the bad.

During my last two overseas tours in Augsburg, Germany, and Vicenza, Italy, my duties as a chaplain have often put me in the position of counseling Soldiers and family members who were unhappy with their assignment. Of course, it is natural to miss home, but there is more to it than that.

Without exception, the people who were unhappy were those who had isolated themselves and had not attempted to explore the cultural diversity that surrounded them. The same thing has been true of people who find themselves in a new place here in the States that is very different from their home. It is odd to be somewhere that is so different and strange. What makes the difference is how we adapt.

For me, being here and not knowing many people except those in my unit could be a very lonely thing, and I could just hole-up in my apartment and feel miserable. Instead, I have made it a point to explore around the Springs — Garden of the Gods, Old Colorado City, Manitou Springs, taking the Directorate of Morale, Welfare and Recreation beginning ice climbing class, visiting the zoo and the Will Rogers Memorial, going to an Air Force Academy

football game (Go, Army!), and much more.

God has created an amazing place around Fort Carson. I have found the same thing to be true of all the places in the world where I have lived, thanks to the Army. What a gift.

Most of my old high school friends barely get out of Oklahoma for short vacations. I have had the opportunity to explore many parts of the world.

You can bet I will be looking for a Cinco de Mayo party. You can also bet that trout fishing, climbing Pikes Peak, heading out to Cripple Creek, and some things I have not discovered yet will be part of my next few months of exploring.

If God did not enjoy diversity of culture and terrain, he would not have made so much of it. May He inspire you to get out there and enjoy it to the fullest.

For me, religion is not just going to church on Sunday and saying my daily prayers. Sure, that is an important part. But discovering and appreciating the wonderful new places and experiences we get as members of the Army family is a kind of worship, too.

It is showing God that we are ready to explore new life in this world even as we anticipate new life in the world to come.

Chapel

Catholic Religious Education — The Catholic Religious Education process will begin Aug. 28. Registration forms are available at Soldiers' Memorial Chapel in the library. Classes for preschool (age 4) through sixth grades will be held on Sundays from 10:30-11:50 a.m. Classes for seventh graders on up (including confirmation and post-confirmation classes) will be held Sundays from 6-8 p.m. For more information contact Pat Treacy at 524-2458.

Catholic Faith Information Classes — Are you interested in learning more about the Catholic faith? Inquiry sessions will begin July 17, 8 a.m. at Soldiers' Memorial Chapel. Adults who are interested in becoming Catholic and adults who want to learn more about the faith are encouraged to attend. Call Pat Treacy 524-2458 or Chap. (Col.) Richard Goellen at 526-5769.

Fiesta — will be conducted at Soldiers' Memorial Chapel June 12-16, 9 a.m. to noon. Fiesta VBS is for children age 4 through sixth grade. Parents are invited to join in the fun. Volunteer positions are available. Those interested in volunteering should contact Amy West at 337-7399. Child care for children under age 4 is provided for volunteers. Registration for children will begin May 7 at Soldiers' Memorial Chapel. Parents are encouraged to register as early as possible. Space is limited.

Calling all volunteers — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

Youth program invites sixth-12th graders — The chapel youth program invites all sixth-12th grade military youths to Soldiers' Memorial Chapel Sundays from 4-5:30 p.m. Individual programs are offered for grades six-eight and nine-12.

The program is sponsored by the Fort Carson Protestant and Catholic congregations.

For more information call Chap. (Capt.) Rick Cantrell.

Chapel Schedule

ROMAN CATHOLIC

| Day | Time | Service | Chapel | Location | Contact Person |
|------------------|------------|----------------|-----------|---------------------|------------------------|
| Mon., Wed., Fri. | noon | Mass | Healer | Evans Army Hospital | Fr. Gagliardo/526-7412 |
| Tues., Thurs. | noon | Mass | Soldiers' | Nelson & Martinez | Chap. Goellen/526-5769 |
| Saturday | 5 p.m. | Mass | Soldiers' | Nelson & Martinez | Chap. Goellen/526-5769 |
| Sunday | 9:15 a.m. | Mass | Soldiers' | Nelson & Martinez | Chap. Goellen/526-5769 |
| Sunday | 10:30 a.m. | CRE | Soldiers' | Nelson & Martinez | Pat Treacy/524-2458 |
| Sunday | 11 a.m. | Mass | Healer | Evans Army Hospital | Fr. Gagliardo/576-7412 |
| Sunday | 11 a.m. | Mass | Provider | Barkeley & Ellis | Chap. Goellen/526-5769 |
| Tuesday | 7 p.m. | RCIA | Soldiers' | Nelson & Martinez | Pat Treacy/524-2458 |
| Saturday | 4 p.m. | Reconciliation | Soldiers' | Nelson & Martinez | Chap. Goellen/526-5769 |

PROTESTANT

| | | | | | |
|---------|-----------|--------------|-----------|---------------------|-------------------------|
| Sunday | 9 a.m. | Protestant | Healer | Evans Army Hospital | Chap. Kincaid/526-7387 |
| Sunday | 9 a.m. | Protestant | Provider | Barkeley & Ellis | Chap. Meeker/526-3711 |
| Sunday | 11 a.m. | Protestant | Soldiers' | Nelson & Martinez | Chap. Deppmeir/526-8011 |
| Sunday | 11 a.m. | Prot./Gospel | Prussman | Barkeley & Prussman | Chap. Borden/526-4206 |
| Sunday | 9:30 a.m. | Sun. School | Prussman | Barkeley & Prussman | Chap. Borden/526-4206 |
| Sunday | 9:30 a.m. | Sun. School | Soldiers' | Nelson & Martinez | Dr. Scheck/526-5626 |
| Tuesday | 9 a.m. | PWOC | Soldiers' | Nelson & Martinez | Chap. Deppmeir/526-8011 |
| Sunday | 11 a.m. | Contemporary | Veterans' | Magrath & Titus | Chap. Züst/526-8890 |
| Tuesday | 7 p.m. | PYOC | Soldiers' | Nelson & Martinez | Ms. Scheck/231-9511 |

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

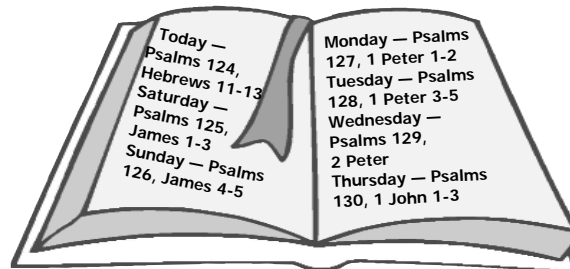
WICCA

| | | | |
|--------|-----------|-----------------------------------------|--------------------------|
| Monday | 6:30 p.m. | bldg 4800, corner of Harr and O'Connell | Rhonda Helfrich/338-9464 |
|--------|-----------|-----------------------------------------|--------------------------|

NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer — Please pray this week for the following:

Unit: For the Soldiers and leaders of the Army, Navy and Air Force Special Operation Forces, forward deployed in support of Operation Iraqi Freedom.

Army: For the Soldiers, non-commissioned officers and officers of the U.S. Army Inspector General Agency in their mission to investigate the discipline, efficiency and economy of the Army in support of training and combat readiness.

State: For the Soldiers and families from the state of Illinois.

Pray also for Gov. Rod Blagojevich, the legislators and municipal officials of the Prairie State.

Nation: For the secretary of defense, the Honorable Donald Rumsfeld. May God bless Rumsfeld as he advises the president on matters of our nation's defense.

Religious: For the National Day of Prayer Saturday, that people will lift up their communities, their leaders and their nations to God, and seek His blessing.

For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmy-chaplain.com

Scion Slam 3-on-3: hard cash, bragging rights

by Heather McCann

Directorate of Morale, Welfare and Recreation

Got game? The 2006 Scion Slam 3-on-3 basketball tournament is your chance to prove it.

The “Slam” returns to Fort Carson May 13 from 8 a.m.–3 p.m., in the parking lot of the Special Events Center, bldg 1829.

Last year, nearly 50 teams competed for cash prizes and hip giveaways like T-shirts, hats and backpacks. This year, Scion has upped the ante with the first place team receiving a \$1,000 cash prize.

And the giveaways? “They must be something special, because Scion won’t even tell us what they are,” said Ann Edinger, Community Events Division chief, Directorate of Morale, Welfare and Recreation.

Edinger said Fort Carson is fortunate to host the “Slam” again this year. The event makes stops at only a dozen military installations nationwide, including large bases such as Naval Station Norfolk, Va., Camp Pendleton, Calif., Fort Bragg, N.C., and Fort Lewis, Wash. “The

installation with the most successful ‘Slam’ qualifies to win extra incentives and prizes,” says Edinger. “We want Fort Carson families to benefit from this event long after it has passed. The more teams we have, the better.”

The tournament isn’t just for active duty Soldiers either. “Anyone who is authorized to use MWR facilities can participate in the Scion Slam,” Edinger explained. “Members of the National Guard, Reservists, Department of Defense civilians and family members all are welcome. Participants just have to be 17 or older.”

But, the Scion Slam is not just about the cash, warns Assistant Varsity Lead Recreation Aide Robert Nieto. It’s about Army pride, he said. “Last year, a team of guys who just finished up school at the Air Force Academy came down here and took first place. They obviously played a lot of ball, and they were tall. But it’s not about the height, it’s about ‘Game,’ you know?”

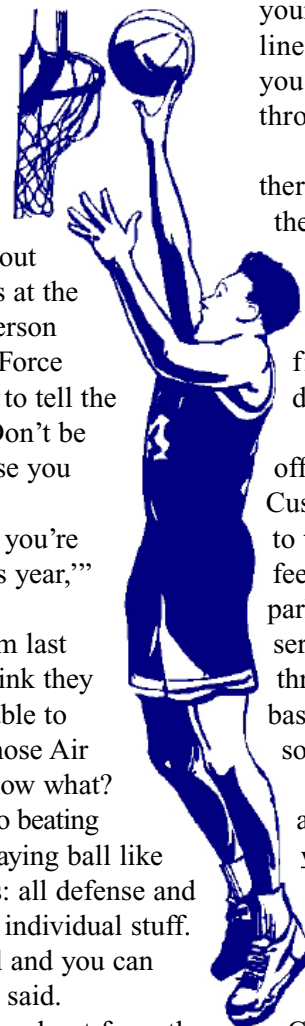
Nieto said the Scion Slam gives Soldiers and other participants a natural boost. “It brings out esprit de corps. The guys get to hang out, talk junk, play ball and win money.

What could be better than that?”

Nieto is headed north, to talk some “junk” of his own with the airmen and women who hang out in the gymnasiums at the Academy, and Peterson and Schriever Air Force Bases. “I’m going to tell the Air Force guys, ‘Don’t be scared. Just because you won it last year doesn’t mean you’re going to win it this year,’” Nieto said.

“We had a team last year who didn’t think they were going to be able to compete against those Air Force kids. You know what? They came close to beating them. They were playing ball like the Detroit Pistons: all defense and team ball, not that individual stuff. You play team ball and you can win this thing,” he said.

If you prefer to shoot from the stratosphere, or you’d rather put



your talent on the (free throw) line, the “Slam” can accommodate you with both 3-point and free throw contests.

If “balling” isn’t your thing, there’s still plenty to do. Check out the children’s area with video games, wireless internet access, a “junior hoops” area and coloring activities. If you’re a qualified, licensed driver, you can test drive one of three different Scions.

Finally, car owners can show off their ride at the Scion Slam Custom Car Show located adjacent to the 3-on-3 event. There’s no entry fee, and parking is on a first-come, first-served basis. Judges will choose the three hottest rides in the show based on style, creativity and personalization. First place wins \$250.

Registration is available on line at: www.scion.com/scionslam, or at all Fort Carson personal fitness centers.

For more information about the Scion Slam or Custom Car Show contact DMWR Community Events at 526-4494.

What's happening to Fort Carson's trees?

by Dan Gray

*Directorate of Environmental Compliance
and Management*

The last nine years have presented a significant challenge for maintaining trees on Fort Carson.

During this time, seven years have been warmer than the normal average temperature. Snow accumulations, which are critical to evergreens and newly planted trees, have been below normal for five years, of which 2002 and 2003 were drought years of historic proportions.

These conditions have had a significant affect on the urban forest, particularly for older trees and trees planted in the last 10 years. Many of the younger trees do not have fully developed crowns, and are exhibiting poor growth rates as well as suffering from drought damage.

These effects are plainly visible, whether looking at trees along Heritage Row on Nelson Boulevard, on other streets, or while recreating in Ironhorse Park. In fiscal 2005 alone, more than 300 trees were removed because of storm damage, disease, road salt and drought. Some of the trees that have survived for more than 80 years are being removed now because they have become safety hazards.

After a windstorm in November 2005, a high number of cottonwood trees in Ironhorse Park were damaged. Core samples taken from the trees showed significant heart rot. Heart rot is a fungus that invades the heartwood (tissue along the center) of a tree. Under healthy conditions, the heartwood is part of the support structure of the branches and tree.

However, the cumulative effects of heart rot, age of the tree, lightning and other environmental conditions, required the removal of many of these trees. All users of Ironhorse Park must be aware that as with the danger of lightning, one should not be close to these giant trees during times of high winds.

Fort Carson is also experiencing a high mortality rate for trees planted during the last 10 years. Most trees planted on Fort Carson come from tree nurseries. In the planting process, trees often lose 50 to 80 percent of their feeder roots. These roots are critical to the tree for storage of energy, water and nutrient uptake. Under favorable conditions, it generally takes several years for a tree to recover from the planting stresses and become established. During that time, the trees must be watered regularly, either through hand watering or an irrigation system. The majority of trees planted on Fort Carson are not close to a water source. Consequently, labor-intensive hand watering is the only option.

Another challenge to tree establishment is the actual soil conditions. The soil in most locations on Fort Carson is compacted clay. Clay has a limited nutrient profile and is dense, which slows, and in some cases, prevents the normal growth of tree roots. The density or tightness of the soil also tends to shed water instead of absorb it. When the area experiences summer rains, much of the surface water simply drains away from the plant, providing little benefit.

Couple these factors with the normal challenges of the urban environment, such as, additional compaction of the soil from foot and vehicle traffic,



Photo by Leonard Cook, DECAM

Heart rot, pictured here, affects the tissue in the core of a tree.

ground covered by asphalt, concrete or other materials, unintentional damage caused by pollution and other man-caused damages, all combine to significantly affect the plant.

The key to changing this situation is to select appropriate plants, understand the urban planting environment and adopt the best management practices for all aspects of plant care. Fort Carson continues to investigate how to best offset the stresses impacting its urban forest.

For more information about Fort Carson's urban forest, call 526-1692 or go to the Colorado State University Cooperative Extension Plant Talk series at www.ext.colostate.edu/ptlk. For the latest information on watering restrictions in the Colorado Springs area go to Colorado Springs Utilities Web site at www.csu.org.

Asian, Pacific Heritage Month

**Commentary by Sgt. 1st Class
Ronny L. Phillips**

Equal Opportunity Office

The history of Asian/Pacific Heritage Month dates back to June of 1977, when Congressmen Frank Horton and Norman Y. Mineta introduced



Photo by Sgt. Chris Smith

Members of the Philippine-American Club perform a pole dance at Fort Carson's Asian Pacific Heritage Celebration last year at the Elkhorn Conference Center.

House Resolution 540 into the House of Representatives. It called for the president to proclaim the first week of May as Asian/Pacific Heritage Week. The following month, Senators Daniel Inouye and Spark Matsunaga introduced similar legislation (Senate Joint Resolution 72) into the U.S. Senate. In October 1978, President James Earl (Jimmy) Carter Jr. signed Joint Resolution 72, officially declaring the first week in May as Asian/Pacific Heritage Week.

Twelve years later, in May of 1990, President George W. Bush signed a proclamation expanding the weeklong celebration into an entire month. Two years later, on Oct. 23, 1992, the 102nd Congress unanimously approved and Bush signed into law, House Resolution 5572, permanently designating the month of May as Asian/Pacific Heritage Month.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the track were Chinese.

Emigrating from one's homeland to a foreign country may be a difficult and challenging task, particularly when the process is compounded by societal prejudice, and sometimes legal discrimination, thereby ensuring second-class existence.

Immigrants may often contend with their dilemma and seek acceptance through assimilation; they deny their own cultural heritage and adopt the cultural norms, language, and mannerisms of their

new society. However, the true value of assimilation is that it provides the host society a rationale for tolerating immigrants.

Unable to fully assimilate into American society because of their unalterable physical appearance, second and third generation Asian/Pacific Americans are marginalized citizens, virtual immigrants in the land of their birth. Despite winning the gold medal in American Model Minority competition, Asian/Pacific Americans sometimes find themselves living in the shadows of American freedom.

Freedom is a highly elusive concept. Throughout the ages it seems to randomly blossom then wither, but never die. As a relatively young nation, even our idea and awareness of freedom has changed over time, just as it did on Sept. 11, 2001. And just as freedom has meant different things to different people at different times, so to has liberty for those who did not have it.

I am hopeful that by increasing our awareness of Asian/Pacific American history, we can learn to look beyond the perception of the model minority and recognize their individuality, and that their existence is a celebration of pride, partnership and progress.

On Thursday, Fort Carson will be celebrating the 14th anniversary of Asian/Pacific Heritage Month at the Elkhorn Conference Center from 11:30 a.m.-1 p.m. Col. John M. Cho, commander, Evans Army Community Hospital, will be the guest speaker. As always, there will be free ethnic food sampling. Please join us, as we celebrate decades of pride, partnership and progress.



Community Policing



Department of the Army Police



Name: Officer Christopher McGuinness
Experience: Officer McGuinness is prior State Patrol and has been assigned to the Office of the Provost Marshal, Department of the Army Civilian Police since February of 2004. Officer McGuinness currently works as the DA School Resource Officer with the Fort Carson Police.
Quote: "Teach our children, they're our future."

Alutiiq-Wackenhut Security Services



Name: Officer Diana Chittick
Experience: Officer Diana Chittick served eight years with the Army as a military policewoman and 17 months as a security officer for A-WSS. She is bilingual in German and currently serves as a security officer here at Fort Carson.
Quote: "Ich lahele, weil ich keine id e habe, was ist los!"

Military Police



Name: Spc. William Cutburth
Experience: Spc. Cutburth arrived to Fort Carson in February 2006 and currently serves as a gunner for 984th Military Police Company. Cutburth's previous assignments include Korea. Cutburth deployed in support of Operation Iraqi Freedom 2 where he received the Purple Heart. He is currently training for future deployments and serves the Fort Carson community with law enforcement duties.
Quote: "Think OPSEC, you never know who is listening."

Enjoy the sun, but beware overexposure

by Jessica Kim

Kimbrough Ambulatory Care Center

Fort George G. Meade, Md. — That time of year when we spend plenty of time in the sun is getting closer, but too much time in the sun can be harmful. Skin cancer is the most common of all cancer types and accounts for up to half of all cancers in the United States. Approximately 51,000 Americans get the worst kind of skin cancer, melanoma, each year. The number of Americans who die from melanoma could be greatly reduced by taking certain precautions.

Risk factors for skin cancer:

- Unprotected and/or excessive exposures to ultraviolet radiation.
- Fair complexion.
- Occupational exposure to coal tar, pitch, creosote, arsenic compounds, or radium.
- Family history.
- Multiple or atypical moles.
- Severe sunburns as child.

Signs and symptoms of skin cancer:

- Any changes on the skin, especially in the size or color of a mole or other darkly pigmented growth or spot, or a new growth.
- Scaliness, oozing, bleeding or changes in the appearance of a bump or nodule.
- The spread of pigmentation beyond its border, such as dark coloring that spreads past the edge of a mole or mark.

• A change in sensation, itchiness, tenderness, or pain.

Lifestyle changes to prevent skin cancer:

• The first line of defense against skin cancer is to avoid sun exposure between the hours of 10 a.m.- 4 p.m.

• Use sunscreen with a Sun Protection Factor of 15 or higher whenever you are outdoors (even on cloudy days), and wear a hat and protective clothing. Do not forget to protect your eyes, lips and ears.

• Sunscreen should be applied 30 minutes prior to sun exposure and should be reapplied every two hours.

• Protecting children from the sun is particularly important, since severe sunburns during childhood and adolescence are linked with melanoma later in life. Infants must be particularly careful with sun exposure since they should not use sunscreen until they are 6 months old.

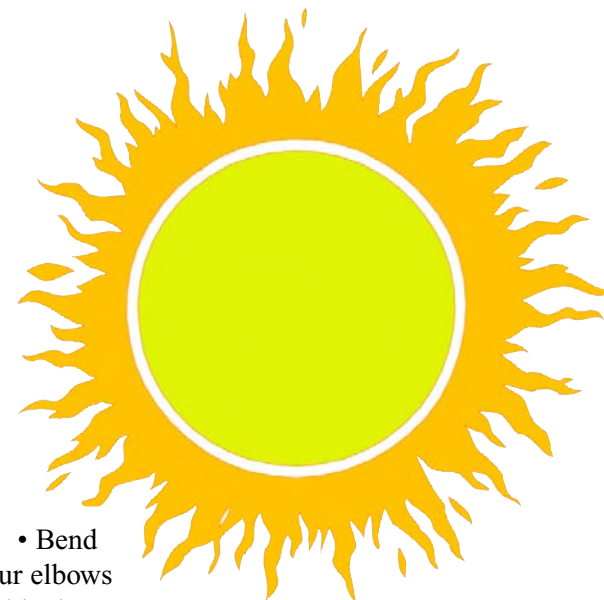
• Wear sunglasses with 99-100 percent ultraviolet absorption to provide optimal protection for the eyes and the surrounding skin.

• Follow these practices to protect your skin even on cloudy or overcast days. Ultraviolet rays travel through clouds.

Examine your skin:

- Check yourself after a shower in a well-lighted room using a full-length mirror and a hand-held mirror.
- Start by checking the moles and birthmarks that you have had since birth. Look for any changes, especially a new mole or skin discoloration, a sore that does not heal, or any change in the size, shape, texture or color of an existing mole.

• Look at the front and back of your body in the mirror. Then raise your arms and look at your left and right sides.



• Bend your elbows and look carefully at your fingernails, palms, forearms and upper arms.

• Examine the back, front and sides of your legs. Look between the buttocks and around the genital area.

• Closely examine your feet, including the toenails, soles and the space between the toes.

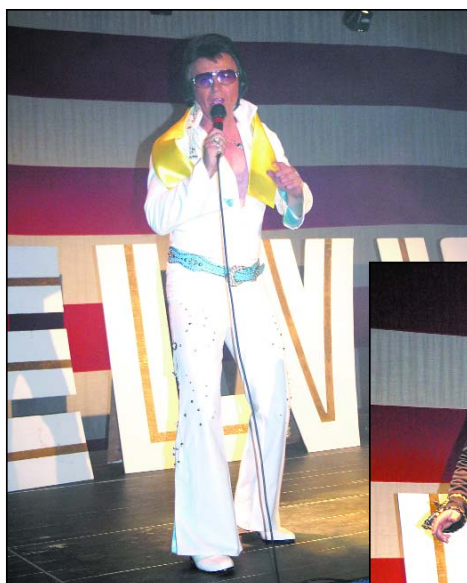
• Look at your face, neck, ears and scalp. Use a comb or hair dryer to move your hair so that you can see better. Better yet, get someone else to check your scalp for you.

• If you find anything suspicious, visit your primary-care provider right away.

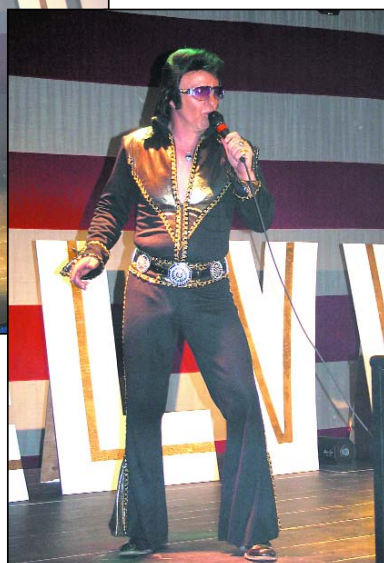
Source — American Cancer Society: "Skin Cancer Facts," "Skin Cancer Prevention and Early Detection."



Guests enjoy a poker game at the Viva Las Carson Casino Night at the Special Events Center on Saturday.



"Elvis" performs one of his many hit songs during the first of two acts at Casino Night.



"Elvis" entertained patrons throughout the night with many of his popular songs and unique dance moves.

Layout by Jeanne Mazerall

Jim Lever, left, and "Elvis" are joined by Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general during a song performance at Viva Las Carson Casino Night.



Viva Las Carson ...

Casino Night

Story and photos by
Lt. Col. David Johnson
Public Affairs Office

He is alive! "Elvis" that is, and he was in rare form Saturday at the Viva Las Carson Casino Night in the Special Events Center. The event was organized by the Fort Carson Officers' Spouses' Club and the Enlisted Spouses' Charity Organization. Proceeds from the event will go to military charities that benefit the Mountain Post.

Besides games of chance, there were a number of silent auctions that ranged from an autographed jersey by Kenyon Martin of the Denver Nuggets to a Harley

Davidson gift basket that had everything a Hog rider could imagine. The highlight of the evening was "Elvis" who crooned and swiveled his hips through two acts entertaining the crowd of nearly 400 with a number of fan favorites.

The evening ended with an encore presentation of "Suspicious Minds" that featured Maj. Gen. Robert W. Mixon Jr., commanding general, 7th Infantry Division and Fort Carson, and Jim Lever, member of the FCOSC. The performance was one that will always be remembered because, like the lyrics in the song, attendees were caught in a trap and couldn't walk out.



Lt. Col. Jimmy Phillips, 3rd Squadron, 61st Cavalry commander, calls out bingo numbers during the Viva Las Carson Casino Night.



Lt. Col. Cliff Hoppman, 43rd Area Support Group, makes announcements of events and activities during Viva Las Carson Casino Night with the help of his wife Lee Ann Hoppman.

Obesity ...

A dangerous problem in family pets if not treated

by **Spc. Orlando Diaz**

Veterinary Treatment Facility

Is your dog or cat overweight? A recent study in the United States has shown that one out of four dogs and cats presented for veterinary care in the United States is overweight or obese.

This disease of pets is commonly overlooked, and pet owners largely underestimate its detrimental effects to animal health.

Obesity is defined as an increase in body weight as the result of an excessive accumulation of fat. Usually, obese animals are those that weigh 20 percent or more than their optimal body weight. For small dogs and cats, this could mean as little as one to two pounds overweight, or 12-15 pounds in most large dogs.

Obesity can predispose your pets to many other health problems. Overweight pets are more likely to incur heart problems and endocrine diseases like diabetes.

Overweight pets



commonly have many orthopedic problems, such as arthritis or musculoskeletal pain. Obesity has shown to have adverse effects on the immune system and it predisposes pets to exercise and heat intolerance.

Additionally, obesity can lead to breathing difficulties, reproductive difficulties and increases the likelihood of a pet getting certain types of cancer. The most common of these conditions that occur in obese pets are endocrine problems, arthritis, cancer and heart problems. Just as it is in humans, obesity is a life-threatening disease in pets.

What causes a pet to become obese? Obesity is usually caused by many factors. First, a pet may have an underlying disease such as hypothyroidism, which may be a causative factor in obesity.

Second, many pets get overweight as they age. These pets begin to eat more and exercise less, thus they obviously become overweight. Feeding a young, healthy dog the

incorrect type or amount of food, such as table scraps, is one of the most common causes of obesity, and other factors such as genetics and neutering can predispose pets to obesity.

It is important that every overweight pet be seen by a veterinarian in order to assess the health of the animal, to determine the cause of obesity and to create a treatment plan to help the pet lose weight.

People can prevent or manage obesity in pets the same way we do in humans, which is a proper balance of diet and exercise. Both of these factors are highly effective in managing an obese pet, and should be tailored for each individual animal by a veterinarian.

Veterinarians use many criteria to determine the right amount and type of food and exercise for the obese pet, including age, breed, weight and concurrent health problems. Most overweight patients are fed special types of dog food that have reduced calorie and fat contents. Feeding a smaller amount of a high calorie food, usually is unsuccessful in reducing the body weight and may lead to vitamin and mineral deficiencies.

Exercise is also a critical part of a



successful weight-loss program. Most pets need at least 20 minutes per day of leash walking or equivalent exercise in order to lose weight. Without exercise, food reduction alone cannot make the pet lose the appropriate amount of weight and keep it off.

A successful weight loss program will require dedication from both the pet and owner, and several visits to the veterinarian.

If your pet owner and an authorized user of the Fort Carson Veterinary Treatment Facility, we can assess your pet's health, and help you get started on a weight loss program that is right for your pet.

Call 526-3803 to make an appointment.

Good neighbor

Marvin Boyd, vice president and partner for Phil Long Dealerships, was named Fort Carson's Good Neighbor for 2005. The award was presented April 26 by Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, at a luncheon and induction ceremony at Elkhorn Conference Center on post. Mixon said Boyd and Phil Long have a long history of service to Fort Carson and this community and of taking care of Soldiers and their families. Boyd and the Phil Long Dealerships were a majority sponsor for the 2004 and 2005 Army Balls and he has served as Chairman of the Civilian Executive Committee for the Army Ball. Boyd and Phil Long Dealerships have actively supported Fort Carson's Morale, Welfare and Recreation programs.



Photo by Marko Minero, DOIM/Visual Information

Locating primary care facilities





Out & About

May 6-12, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation
Visit us at www.ftcarsonmwr.com

PRESENTS:

3ON3 BASKETBALL TOURNAMENT
COMING TO AN INSTALLATION NEAR YOU... NO ENTRY FEE

"Bring your game, we'll bring the basketballs"

WIN BIG! 1st Place Team **\$1000** • 2nd Place Team **\$500**
3rd Place Team **\$250** • 3 Point Contest • Free Throw Contest

EVENT ALSO FEATURES:
Hip Hop DJ/EMCEE
Game Zone
Test Drives
***Scion Slam Custom Car Show**
"no pre-registration, cash for top 3 cars (personalization • creativity • style)"

GOT GAME? PROVE IT.
DON'T WAIT! TOURNAMENT SPACES ARE LIMITED!
To register or for specific information log on to:
www.scion.com/scionslam

* THERE WILL NOT BE A CAR SHOW AT EVERY INSTALLATION.

Tournament Location: **Fort Carson Special Events Center** Date/Time: **13 April 2006**

The tournament is open to all MWR, MCSS & Services authorized Patrons (active duty, retired military, reservist, National Guard, DoD civilians and other Department of Defense ID card holders including their spouses and family members). To be an eligible player, Service members and family members must be seventeen (17) years and older, family members under 18 require guardian approval. No official Department of Defense Endorsement is implied.

Military Spouse Appreciation Week
May 14 - 21


Golf 101
Clinic for spouses & children at Cheyenne Shadows Golf Club, Building 7800
May 21 starting at 1 p.m. and May 24 starting at 5:30 p.m.
Please sign up in advance • 524-4102

Free Bowling
For spouses & children at the Thunder Alley Bowling Center, Building 1511
May 21 from 1 p.m. - 3 p.m. • You can win great prizes!
For information: 526-5542

Swimming Pool Family Night
Free swim at the Indoor Pool, Building 1446
May 17 from 6 p.m. - 8 p.m.
For information: 526-3107

Library Story Time
Stories, puppets, music, games and crafts activities at Grant Library, Building 1528
May 19 starting at 1 p.m.
For information: 526-2350

Y\$ Family Ice Cream Social
Cost will be \$1.00 per person or \$3.00 per family at Youth Services, Building 5950
May 19 from 5 p.m. - 8 p.m. • Please sign up in advance
For information: 526-2310



Military Spouse Appreciation Week
May 14 - 21

Red Rocks Canyon Day Hike
Free guided tour for spouses and children, Building 2429
May 20 from 9 a.m. - 12 p.m.
Sign-up deadline is May 20 at 12 p.m.
For information: 526-5366

Oil Change 101
Free class for spouses at the Auto Craft Center, Building 2427
May 24 from 2 p.m. - 3 p.m.
For information: 526-2147

Stained Glass Class
Free class for spouses at Smith Craft Center, Building 2426
May 20 from 10:30 a.m. - 3 p.m.
Please sign-up by May 19
For information: 526-0900

Computer 101
Free class at the Grant Library that introduces and defines the Internet and the World Wide Web, Building 1528
May 19 starting at 9 a.m.
No registration required
For information: 526-2350



The Fort Carson DMWR

PRESENTS:

3ON3 BASKETBALL TOURNAMENT
COMING TO AN INSTALLATION NEAR YOU... NO ENTRY FEE

CUSTOM CAR SHOW

WIN BIG! 1st place **\$250**
2nd place **\$100** • 3rd place **\$50**
(personalization, creativity & style)

May 13, 2006
Special Events Center (Building 1829)

Registration: 10 - 11 am
Judging: 2 pm • Awards: 2:30 pm
Vehicles of all makes and models are welcome!
DoD ID required • No Entry Fee • For info 526-4494

The tournament is open to all MWR, MCSS & Services authorized Patrons (active duty, retired military, reservist, National Guard, DoD civilians and other Department of Defense ID card holders including their spouses and family members). To be an eligible player, Service members and family members must be seventeen (17) years and older, family members under 18 require guardian approval. No official Department of Defense Endorsement is implied.

SPORTS & LEISURE

Soldiers prepare for major bodybuilding event



Marcus Dungen works on his arms as he prepares for the pro bodybuilding show in Denver May 12.

Story and photos by Walt Johnson
Mountaineer staff

The most exciting fitness and bodybuilding show to hit Colorado in some time will take place May 12 and 13 in Denver.

Two members of the Mountain Post family; Marcus Dungen and Tony Claiborne will test their abilities against some of the best the sport has to offer.

Claiborne and Dungen, who have each dominated the competition in Colorado the past two years, will be among people from all over the world that will test their bodybuilding prowess against some of the best competition either has faced at the first pro and amateur fitness and bodybuilding show to come to Colorado in some time.

Jeff Taylor, National Physique Committee chairman for Colorado, said this show is going to be as exciting as anything that happened in the world of bodybuilding and fitness in Colorado in such a long time and people worldwide are scheduled to be here.

"We have a lot of cool things planned like a fighting cage, a jujitsu tournament and other exciting events at the convention center," Taylor said.

"This show is going to give us national and international exposure. There are people all over the world talking about this competition. Gary Stridum, who hasn't competed in a show for about 10 years has announced that he is going to be in this show. We have a number of pro and amateur athletes from Colorado to include outstanding athletes like Tony (Claiborne) and Marcus

(Dungen) from Fort Carson that will highlight the show," Taylor added.

The show will be held over a two-day period at the Convention Center in Denver on 16th Street at the newly remodeled lecture hall, according to Taylor. In addition to the show, Taylor said there will be strength and fitness expo and one lucky person will walk away with a 2006 Hummer H3 that will be raffled off at the Saturday show.

Claiborne and Dungen will take part in the amateur show that begins Friday at 6 p.m. with the top five finishers in the amateur show moving on to compete in the pro show Saturday.

Both of the post's representatives have been working hard to get ready for the show for the past year and each feels he is ready to measure up to the level of competition.

"For this show, I want to come in a little thicker than I have for my recent shows. That is why I took some time off last year to work on some areas that I thought I needed to be at to reach a higher caliber. Tony and I have already qualified for the nationals although we have never gone to a national. We knew we were at that level but we wanted to refine some things. In this show I think you will see a package from Tony and I that people haven't seen before," Dungen said.

"I've definitely made some vast improvements. Even if you came in first place at your last show there is always something you can do to better your body. For this show I've been lifting a lot of heavy weights trying to get the dense muscles

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Mountaineer Sports Feature

On guard

Members of the 519th Special Force, from left to right, Jared Pollock, Rex Beach and Luke Bethel, an Army Reserve unit located in Watkins, take their positions after rappelling into the Pepsi Center in Denver Sunday as the Colorado Crush observed military appreciation day. The Crush beat the Orlando Predators, 77-45.



Photo by Walt Johnson

On the Bench

Aces place second in first softball action of the season

Story and photo by
Walt Johnson

Mountaineer staff

The Fort Carson Aces, the post varsity softball team, began its season play Saturday by finishing second in the Independent Softball Association E Division Tournament at the Mountain Post Sports Complex.

The post team finished the tournament with a 3-2 record, losing both its games to the eventual tournament champion-Advanced Auto team.

The tournament started off well for the post team as it won its first two games, 20-6 and 20-9, to set up a winners' bracket game with Advanced Auto. The winner of the game would have its ticket punched for the title game. The post team's bats were on fire in the first two games and if they could keep up the assault on opponents' pitching, it would turn into a long day for the other teams in the tournament.

Bryant Rushing, Aces head coach, said he was pleased with his team's performance after the first

two games, especially since he was bringing such a young team into action. But he also knew the road ahead was going to be tough because of the reputation the team has in Colorado and the expectations the team has each time it plays.

"Any time the Aces take the field teams expect us to win because we are the post representatives. Because of this I think teams play even harder against us. I tell my guys to get me to the show and eventually our number will come up. If you can consistently make it to the championship game, sooner or later your number will come up. I'll never be upset as long as the guys play well enough to get us in contention for the championship game," Rushing said.

Advanced Auto came into the championship round of the winners' bracket with a few offensive weapons of its own and after the contest was over, Advanced Auto had earned a trip to the title game by defeating the post team 16-6.

See **Bench** on Page 35



Fort Carson Aces shortstop Joseph Monroe slides home with a run during early round action Saturday at the Mountain Post Sports Complex.



Photo by Walt Johnson

Youth soccer

Young soccer fans, from left, Daliyah Morris, her sister Tyana Morris and William Vanderneut play with soccer balls while watching their parents play in the intramural soccer league at Pershing Field April 27.

Bench

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That meant the post team had to win one more game to be in contention for the tournament championship and it did just that by winning 20-7, and setting up a rematch with Advanced Auto for the championship.

The Aces' bats were livelier in the title game, doubling the run output from the first game, but the Advanced Auto team was hitting the ball well also and came away with a 20-12 victory and the championship.

After the tournament was over, Rushing said he liked the way his team played and it showed him that good things should lie ahead for the post team.

"The way (they) played says a lot for the character of this team. It was the first tournament of the year and it went really well. We have some new talent this year and it's a learning curve to train this talent to be able to play at the tournament level. We hit the ball extremely well and we played solid defense. It's just a matter of us learning how to be consistent. That will come in time. Our young guys are coming along well but we are going to work on being more consistent at the plate," Rushing said.

If the thought of playing a free round of golf to support a worthy community activity appeals to you, then the Military Communities Youth Ministries annual golf tournament could be something to consider.

The MCYM is a worldwide organization, headquartered in Colorado Springs that will be having its annual golf tournament June 1 at the

Outlaws win softball tournament at Mountain Post



An Outlaws player drills a base hit to center field during action Saturday at the Mountain Post Sports Complex.

Story and photos by Walt Johnson
Mountaineer staff

The Outlaws, a team consisting mainly of members of the Mountain Post, won the D-level softball tournament at the Mountain Post Sports Complex Saturday.

The Outlaws defeated the Bushwhackers 12-10 and New Mexico Independent Softball Association 20-10 and 15-13, to claim the title.

The Outlaws toughest challenge came in its first game of the tournament as it snuck by the Bushwhackers by two runs. Early in the contest it didn't seem like the post team was going to need to hang on as it blasted its way to an early nine-run lead after two innings.

The Outlaws' bats went just as cold for the rest of the game as they were hot to begin it. As the Bushwhackers chipped into the Outlaws' lead, Steven "Rudy" Ruterbories, Outlaws head coach, said the team did a lot of growing up in the game as it kept its cool and counted on its defense to help them win the game.

"When we were able to win the first game after going cold with the bats, it showed us the times are changing for us. In some previous games we had given up large leads and we didn't react to it the way we would like. We kept our cool as they came back on us and won the game. I think it showed we are starting to jell as a team and learning how to win these types of games," Ruterbories said.

The team had no such worries in the second and championship games as its offense came to

life. The team was able to hold off the visitors from New Mexico.

Ruterbories said in the first game against New Mexico, the team just played well. He said everyone hit the ball well and the team played a very steady game. He said the defense was good and the team was able to get hits at opportune moments.

The championship game was a different story for the team as it had to fight off a hard charging New Mexico team.

In the championship game, New Mexico scored five runs in the bottom of the first inning after the Outlaws had scored four runs to start the game. In the top of the second inning, the Outlaws retook the lead by scoring five runs in the top half of the second inning only to see the New Mexico team score five runs in the bottom of the second to take a 10-9 lead.

After the first two innings both teams played solid defense and after seven innings the game was tied at 11. In the top of the eighth inning, the Outlaws scored four runs before the team made its first out of the inning. They didn't score again and took a 15-11 lead into the bottom of the eighth inning. The Outlaws played the bottom of the eighth inning confident they would be able to hold onto the lead.

"We thought we had scored enough runs to win the game because the New Mexico team was bringing the bottom of its lineup to the plate. I felt we could shut them down in the last half of the inning because the bottom of the lineup hadn't done much to that point. They did manage to score two runs but we were able to get them out and win the tournament," Ruterbories said.



Photo by Walt Johnson

Setting the pace

George Sontheimer, left, and Rengulbai "Coconut" Rechingelong get in a workout during an aerobics class Monday at Forrest Fitness Center. The center has added a new class, taught by Danielle Dungen, at 5:30 p.m., to its schedule.

Bench

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Eisenhower Golf Course on the Air Force Academy.

According to (Col.) Thomas D. Mayfield, a volunteer for the committee, there is a need for 40 military members to come out and play golf, free of charge. Corporate sponsors have paid the fees for military members to play, and have arranged for a free lunch on the golf course and a catered dinner at the Academy's football stadium press box. If you are interested in a free day of golfing please contact Mayfield at 200-3035.

The Directorate of Morale, Welfare and Recreation will sponsor a coed ultimate cardio challenge beginning May 15 and running through July 17.

The event will be held at Garcia Physical Fitness Center and is designed to see which team will be the best at doing a 15-mile bike ride and running three miles each Monday, Wednesday and Friday. People interested in the challenge can sign up at Forrest, Garcia, Waller or McKibben Physical Fitness Centers. For more information on the challenge call the Garcia PFC staff at 526-3944.

The Scion 3-on-3 military basketball tournament is coming

back to the Mountain Post May 13 at the Special Events Center.

Action will begin at 8 a.m. and is scheduled to run until 6 p.m. According to the rules of the tournament, any player wishing to participate must be 17 years old by May 13. Players also must be in the following categories: active duty, retired military, Reservist, National Guard, Department of Defense civilian and other DoD identification card holder and their spouses and family members. Registration forms are available at any of the fitness centers on post.

The Colorado Springs Sky Sox, the top farm affiliate of the Colorado Rockies, has scheduled May 21 as Fort Carson Appreciation Day when it will host the New Orleans Zephyrs in a 1:05 p.m. game. Free tickets for the military appreciation day are available at the Information, Ticket and Registration office.

The Mountain Post Sports Complex will host a United States Slo-Pitch Softball Association tournament featuring the Fort Carson Aces, the men's varsity softball team, and the Fort Carson Lady Mountaineers, the women's varsity softball team. Tournament action is scheduled to begin at 9 a.m.

Build

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and come in real thick and leave no doubt,” Claiborne said.

“You can’t beat what the exposure at this show is going to do for you. All the magazines will be here and the best competition in the world will be here. The caliber of people (I) get to compete with lets me do what I always like to do and that is to compete against the best,” Dungen said.

“I definitely am excited about the caliber of competition that will be there because it gives people like Marcus and me the opportunity to step up our game. We know that individuals from Colorado will have their eyes on us and will be looking for us to do some good things at the competition. We want put on a good show. The exposure you get from the press and the exposure you get from being around the big pros and be able to network with them will be valuable. We will be able to get some training tips and learn some training techniques from them is a chance of a lifetime,” Claiborne said.

Dungen said not only will this show give him the chance to showcase his skills and help him grow as a bodybuilder, it should also help him take the next step in his bodybuilding venture which is to be on the professional circuit. Dungen said he is looking forward to working with and getting advice from the pros and fellow amateurs that will be at the show.

“There is always something you can learn from another bodybuilder that will help you improve yourself. You can learn a new or better way to do a certain technique or workouts.

There is always an area you can improve or learn in this sport. As a bodybuilder you are constantly learning and trying to put your package together. You can learn more about things like dieting because if it is off just a little bit, that can make a difference,” Dungen said.

Claiborne, who has a quiet confidence and is not prone to being overly excited about things, gets a look in his eyes and an excitement to his voice as he talks about the chance to compete in the top tier of the bodybuilding profession.

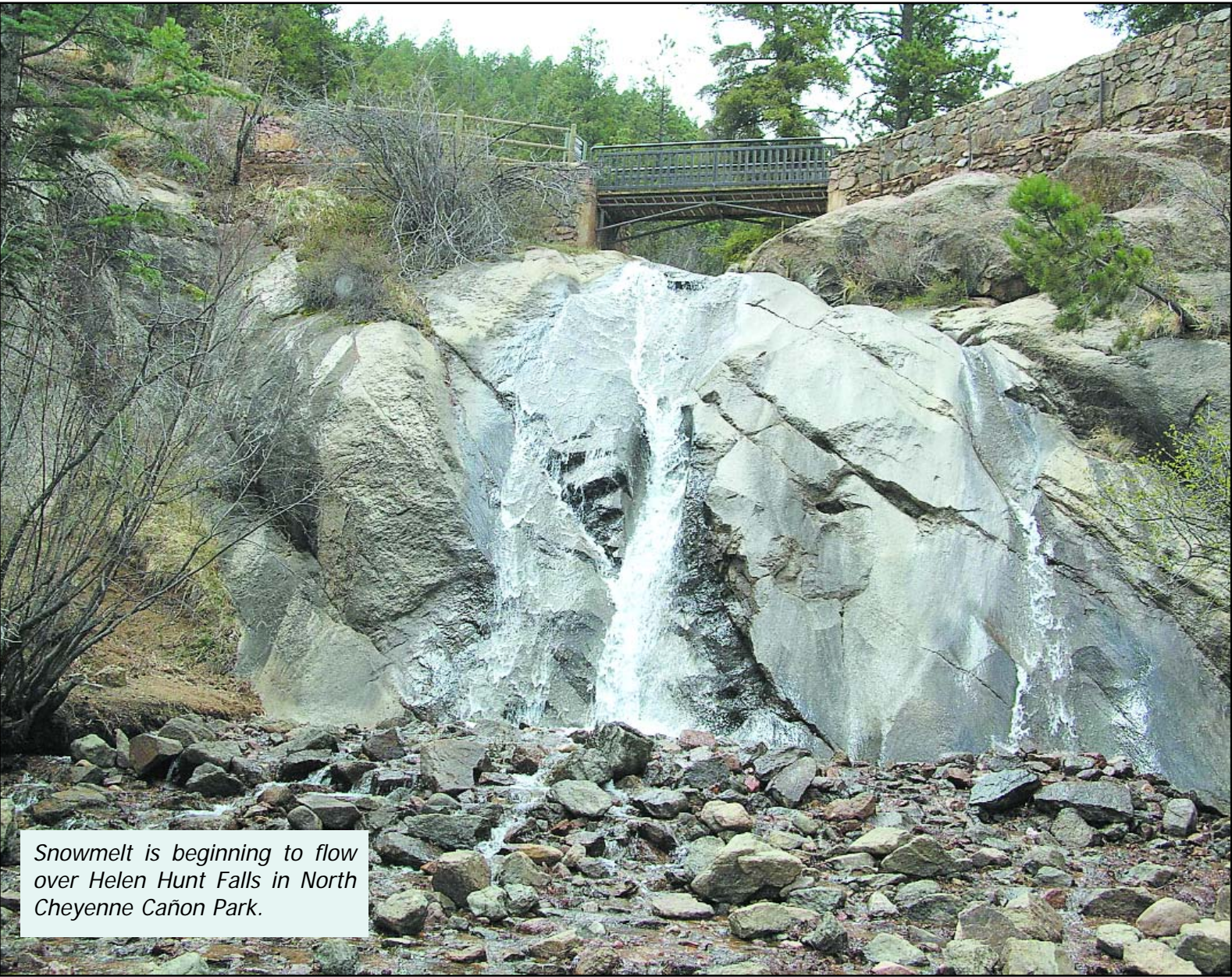
“Working out in the gym is not what I do, it’s who I am. Competing is just a caveat of that. You get a chance to interact with people that share the same passions as you do. Being in a show like this gives you the chance to work with other people and share your training tips. As you help other people and they get better, it motivates you to always want to get better, which turns into a never ending cycle of trying to improve. When you help others to improve it in turn helps you to improve. It doesn’t matter how you look two or three weeks out, it matters what you look like the day of the show. Being able to interact with the pros that have been at this for years and getting the dieting and nutrition tips and supplementation tips will definitely help to elevate our status and help our physiques on the natural road,” Claiborne said.

Tickets can be purchased by going to the Web site www.coloradoproshow.com or Ticketwest. Tickets are available for the pre judging on Friday at 6 p.m., prejudging on May 13 at 9 a.m. and the main show on Saturday at 6 p.m.



Tony Claiborne does a legs workout recently as he prepares for the May 12 pro bodybuilding show in Denver.

Get away from it all at ...



Snowmelt is beginning to flow over Helen Hunt Falls in North Cheyenne Cañon Park.

North Cheyenne Cañon

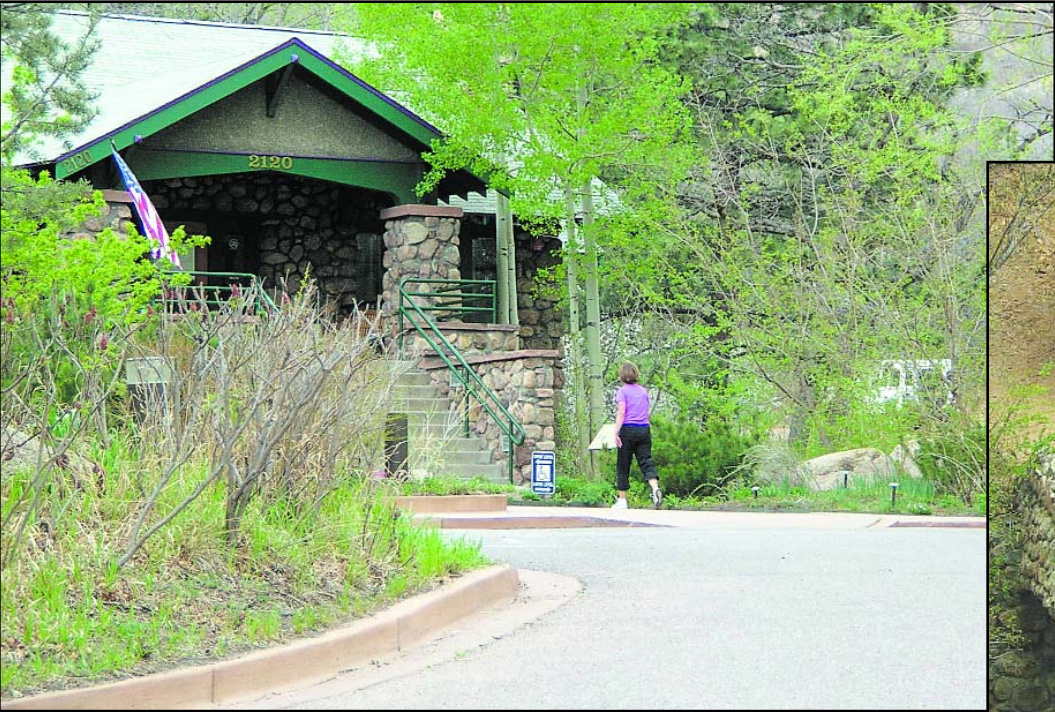
Story and photos by Nel Lampe
Mountaineer staff

tress getting you down? There's a great place to relax and get away just minutes from post — North Cheyenne Cañon Park. There are tall evergreen trees, rock formations, steep cliffs, a running creek, waterfalls and hiking trails. It has the feel of being in the mountains although it's just minutes from fast food outlets, used car lots, motels, service stations and convenience stores.

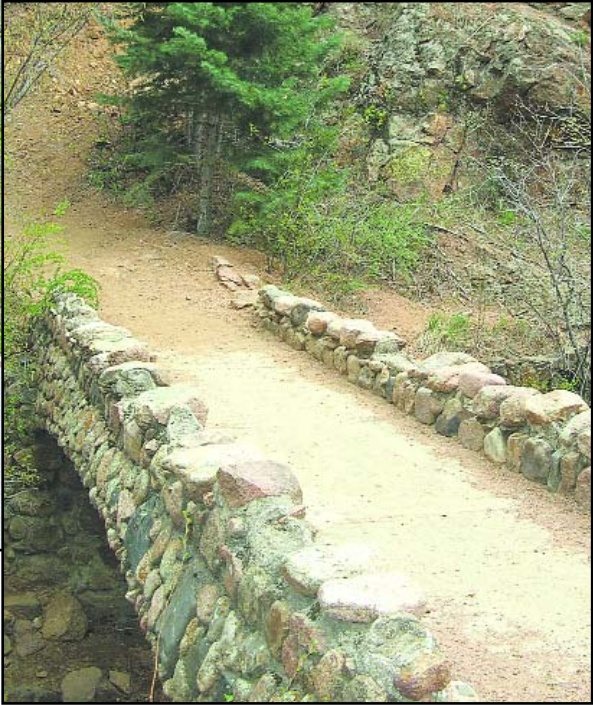
Drive uphill on North Cheyenne Cañon Road about three miles. You'll see the small log cabin which serves as the visitor center. Although the visitor center is not open until Memorial Day, there are places to park. Watch the melting snowmelt flow over Helen Hunt Falls or walk to the top and cross the bridge above the falls. There are hiking trails in the area. If looking for a picnic spot, drive

back down the road, watching for picnic tables among the trees on the right side. There are a few tables along the creek and several picnic tables near the entrance. North Cheyenne Cañon is a good place to unwind, listen to the running water, take in the pine scent, relax and let tension melt away. Bring a lunch, find a picnic table and relax by the running creek. If the visitor center/gift shop by Helen Hunt Falls is open on your visit,

See Cañon on Page 40



Above: Starsmore Visitor Center is near the entrance to North Cheyenne Cañon.



Right: A pedestrian bridge allows visitors to cross the creek to picnic or hike.



Places to see in the Pikes Peak area.
May 5, 2006

Trail photos

Cañon

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take a look at the informative displays about rocks, wildlife and Helen Hunt Falls. Several hiking trails are in the area, ranging from one-half to four miles.

Pick up a map of North Cheyenne Cañon Park at Helen Hunt Falls visitor center or at Starsmore Discovery Center near the park's entrance. The map shows the trails and picnic areas. Naturalists at the visitor center will give you a trail map and advice about trails to match your hiking skills.

North Cheyenne Cañon is one of the city's oldest parks, dating to 1883. Cheyenne Cañon has been a popular place to visit since Colorado Springs' early days. Citizens rode horses or came in buggies to the cañon for picnics, hiking or just looking at the inspirational scenery.

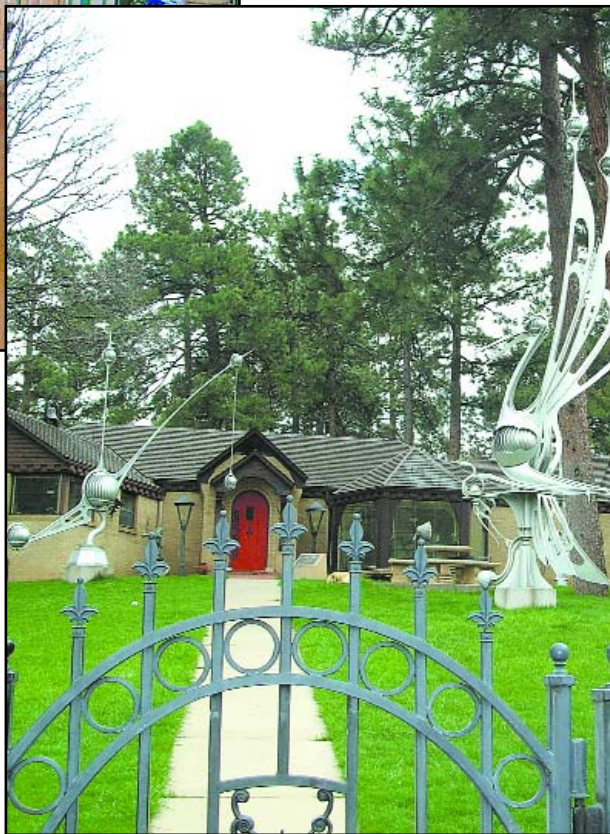
Some 70,000 visitors are in North Cheyenne Cañon Park each year.

Colorado College owned the North Cheyenne Cañon land and opened it to the public. The city later bought the property from the college. Gen. William Palmer, the city's founder, bought additional land and donated it to the park



Left: Visitors ask questions at the desk inside Starsmore visitor center.

Below: Silvery steel wind sculptures made by Artist Starr Kempf are in a private yard near Starsmore center.



after he had roads and a shelter built. The park now contains 1,320 acres.

There's no camping allowed in North Cheyenne Cañon, but the park is open from 5 a.m.-9 p.m. now, and will be open until 11 p.m. in summer.

Starsmore Discovery Center, at the entrance to North Cheyenne Cañon, has displays of rocks found in Cheyenne Cañon, as well as exhibits about area wildlife. There are interactive exhibits, such as a sand table where visitors can make animal tracks using hand-held molds.

A climbing wall in Starsmore allows children at least 4-foot-6 inches tall to learn to climb for free. The rock wall is available from 3 to 4:30 p.m. Saturdays and Sundays. Use of the wall is free, first come, first served. A trained belayer assists climbers.

Walks are scheduled on Saturdays at 1 p.m. and there's a guided hike on Sundays, from 1-3:30 p.m., beginning from the Starsmore Discovery Center.

A popular Hummingbird Festival is set for May 13, from 10 a.m.-4 p.m.

The free festival features live entertainment, face painting, vendors, nature walks, children's activities, plant sales, climbing wall and lots of hummingbirds to watch.

Starsmore Discovery Center is at 2120 S. Cheyenne Cañon Road. It is open Wednesday through Sunday. Call 385-6086 for reservations and information.

The Starsmore Discovery building is made of stones and was

take a few minutes to walk over the pedestrian bridge spanning the creek and look southward. You'll catch a glimpse of silvery wings amid dark evergreen trees. Starr Kempf's bright silver metal sculptures move in the wind.

The sculptures are on private property but can be seen and photographed at a pull offs on Evans Street. Some of the sculptures are 50-feet high and weigh thousands of pounds. The sculptures were made in the artist's workshop on the grounds. Do not stop on the street or park by the gate.

North Cheyenne Cañon can be reached by taking Highway 115 north from Fort Carson, which becomes Nevada Avenue, then make a left on Cheyenne Boulevard, a few blocks north of McDonald's. Go west about three miles. The tree-lined street narrows, and there are signs marking the way to Seven Falls and Starsmore Discovery Center.

At the mouth of the cañon, North Cheyenne Cañon Road is the right fork, the Starsmore is directly ahead. The left fork leads past picnic tables and to Seven Falls entrance (admission charged).

To drive to the Kempf sculptures, take a left on Pine Grove Street (just before the fork in the road), watching for the sculptures and pull offs.

To reach Helen Hunt Falls and its visitor center, continue up the steep road right of Starsmore.

There are parking spaces by Helen Hunt Falls and the visitor center.

**FREE
VISITOR
CENTER**



Visit Us

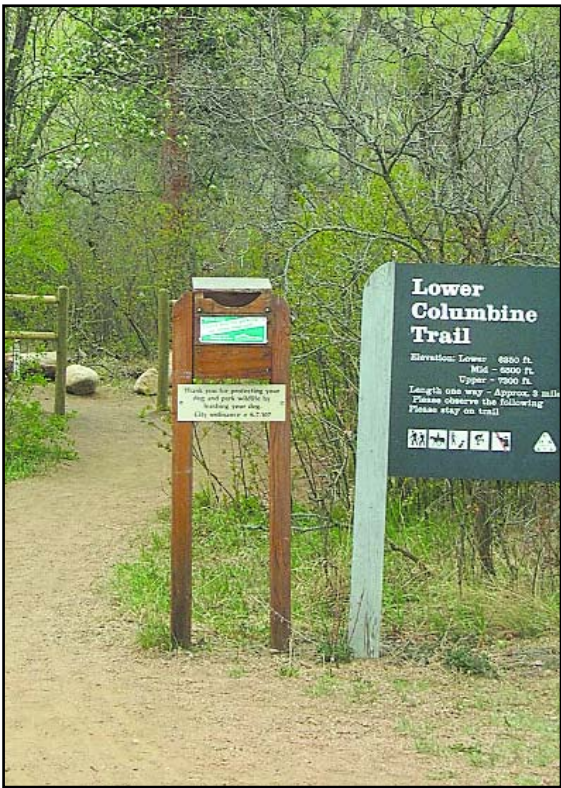
Just the Facts

- **Travel time:** About 15 minutes
- **For ages:** all
- **Type:** park
- **Fun factor:** ★★★★★
(Out of 5 stars)
- **Wallet damage:** free

\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)



Exhibits in Starsmore visitor center depict some of the wildlife that frequent Cheyenne Cañon.



Hiking trails are in North Cheyenne Cañon Park, including this trail which begins behind Starsmore visitor center.

Get Out!

Rockies appreciate military
Coors Field has military appreciation days at selected Colorado Rockies games in May with the Houston Astros and Los Angeles Dodgers; the Pittsburgh Pirates in June; the Milwaukee Brewers in July and August, the New York Mets in August and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. Seats are in the pavilion, upper reserved infield and outfield box. There's a \$2.50 service charge and tickets must be charged to a credit card. This offer is not available at Coors Field ticket windows. See the post Web site, www.carson@army.mil for information.

Denver museum

"Body Worlds 2: The Anatomical Exhibit of Real Human Bodies" is in the Denver Museum of Nature and Science through July 23. This exhibit shows bodies without skin in a process called "plastination," showing muscles and organs. There's a special charge of \$10 for this exhibit, but combination tickets are sold for the exhibit, museum, planetarium or IMAX. Go online at www.DMNS.com or call (303) 322-7009 for show times and ticket prices. The museum is in Denver's City Park at 2001 Colorado Blvd.

Free concert

The Soli Deo Gloria Choir concert May 13 is free and open to the public. Mozart's "Solemn Vespers" and Haydn's "Mass in Time of War" will be presented at 7 p.m. at Sunrise United Methodist Church, 2655 Briargate Blvd. Bring a nonperishable food item for Care and Share.

Colorado Springs Philharmonic

The Colorado Springs Philharmonic presents the "All Mozart" concert Saturday at 8 p.m. and Sunday at 2:30 p.m. at Lewis-Palmer High School, 1300 Higby Road, in Monument. Tickets are \$20 and are available at the door.

"Pick of the Pops!" is May at 8 p.m., at the Pikes Peak Center. Tickets start at \$12, call 520-SHOW for tickets or go online at www.csphilharmonic.org.

Pikes Peak Center concerts

The Pikes Peak Center upcoming concerts include:

"Latin Kings of Comedy," May 14 at 7 p.m.
"Judy Collins" May 19 at 7:30 p.m.
"Children's Chorale" May 21 at 3 p.m.
"Dora the Explorer" May 30, 4 and 7 p.m.
"Stomp," June 13-18.
Tickets can be purchased at 520-SHOW.

Music and Blossom Festival

The annual Cañon City Music and Blossom Festival runs through Sunday. The event includes a craft fair, five-kilometer run

as well as the national band championship for middle and high school bands. Go online to www.ccblossomfestival.com or call (719) 275-7234. Band competitions are in the high school auditorium. The parade is Sunday at 1 p.m.

Cinco de Mayo Fiesta

Cinco de Mayo is celebrated in Memorial Park Sunday from 10 a.m.-5 p.m. Festivities begin with a Mariachi Mass at 10 a.m., and continue with music and dancing. Food and craft booths are also in the park. Memorial Park is on Pikes Peak between Hancock and Union.

Tejana music helps mark Cinco de Mayo when the band Temblor, from Lubbock, Texas, plays at the Jalapeno Hot Spot in Pueblo today at 9 p.m. and at Twisters Saturday.

Ballet Folklórico de Veracruz

Ballet Folklórico de Veracruz takes the stage May 11 at 7:30 p.m. in the Sangre de Cristo Arts Center Theater. The group is composed of dancers, singers and musicians. Tickets are on sale for \$20 at (719) 295-7222. The theater is at 210 N. Santa Fe Ave. in Pueblo.

Learn to bike

Take a mountain bike ride with Outdoor Recreation; 526-5366. Learn to climb and ride downhill Saturday, or sign up for the Cheyenne Mountain Downhill Cruise Sunday. Either activity is \$25, which includes a bike rental costs or \$20 if you use your own bike. Outdoor Rec provides transportation.

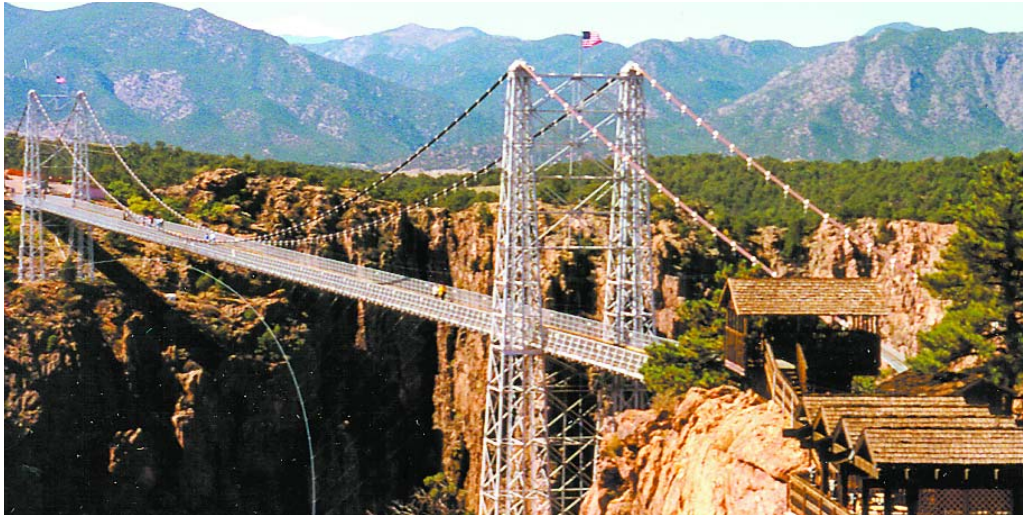


Photo by Nel Lampe

Military month at the bridge

Royal Gorge Bridge and Park honors the military during May with half-price entry at the park. Show military identification and get in for \$10.50 for adults and \$8.50 for those ages 4-11. The bridge is the highest suspension bridge in the world. Except for a bungy jump, which costs \$20 for one person, \$17.50 each for two people and \$15 for three people, other attractions —aerial tram, petting zoo, incline railway, Mountain Man camp and trolley — are included.

Buster s Baghdad

by Maj. James D. Crabtree

